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**June 03rd 2015: A flowing life with meditation, prayer and synchronicity**

Join me for what is sure to be an inspiring, beautiful conversation with executive coach, meditation teacher and author, Sura, about living in the flow. Sura brings a gentle exuberance to living deeply and fully, and engaging consciously with creative energies. In this episode we will hear some of Sura's own story and her journey to and through this life of flow. Sura will speak about meditation, prayer, synchronicity and creativity, and what they all bring to the party!

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### Featured Guest

Guest Image

#### Sura

Sura is an Executive Coach, Meditation Teacher & Author who also utilizes media as a means of raising consciousness. Prior to a transformative event, Sura worked on Wall Street as VP of Institutional Sales at Buckingham Research. She had started her finance career at Goldman Sachs and later helped manage a \$12 billion dollar tech fund at Munder Capital. Sura currently works individually with leadership clients and hosts Executive Retreats at Meditation Mount in Ojai, CA. She leads online trainings for Integrative Leadership Coaches that integrate coaching, meditation and healing. She previously taught yoga & meditation at a Cancer Center in Ann Arbor, and at Exhale in Los Angeles, with w

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