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The Wellness Lounge – A Step Further Archives Available

June 29th 2015: Do You Yamuna

Body Sustainability- will be our discussion topic at The Wellness Lounge, A Step Further 9 a.m. E.S.T. Monday when host Desiree Watson welcomes Yamuna Zake to the show. Yamuna Zake is a visionary: A master teacher and healer who has literally dedicated her life to understanding how the body works and helping others to create positive change in their bodies through what she has learned. Under the leadership of Yamuna Zake, a master teacher of body sustainability, what began as singular dedication with focused hands on body work, has evolved into a global brand with a network of over 450 certifi

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Featured Guest



Yamuna Zake

Yamuna Zake is a visionary: A master teacher and healer who has literally dedicated her life to understanding how the body works and helping others to create positive change in their bodies through what she has learned. Today, Yamuna is a world-renowned authority whose simple, yet profound methods have been proven beyond doubt. Yamuna is as exceptional as she is real; as intelligent as she is accessible; as generous as she is devoted. Her thinking and her methods are uniquely her own. She is not aligned with any popular theory or rhetoric. She lives her vision that a fully aligned body with all of its capacity for movement free and available is the most beautiful body possible. She i

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