

Life Essence Awakening Process



Awaken your vitality

- *Pinpoint and release mental and emotional blocks whether they are habits or patterns that are preventing you from living every moment in your optimal health potential.*
- *Learn about what foods and supplements are necessary for your own optimal vitality, brain function and emotional equilibrium.*
- *Learn a sequence of yoga postures for everyday tailored to your personal needs.*

Offered to individuals, couples, families and businesses.

Taught by Energy Transformation Coaches

Jaya Sarada and Arielle Clarke.

Call Toll Free 800-282-5292