

Mp3 Lily Garcia - Respira Y Sana



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Spanish guided visualizations for healing and relaxation 6 MP3 Songs SPOKEN WORD: Inspirational, SPOKEN WORD: Educational Details: Lily Garca is a Puerto Rican TV and radio personality, writer, motivational speaker, and personal empowerment coach with more than twenty years of experience in the media. Lily currently hosts two television shows for Tu Universo Televisin in Puerto Rico, Dimelo MD, a health magazine show and Gente Grande, an educational half hour show which targets the needs of the elderly population. She also hosts a weekly motivational segment in Noticias al Medioda for Univisin Puerto Rico. Lily also writes weekly columns for Primera Hora newspaper in Puerto Rico and Centro Mi Diario in Tampa, and a monthly column for Caras Magazine. Lilys communication skills, combined with her studies in psychology, life coaching, metaphysics and human development have made her one of the most popular motivational speakers and life empowerment coaches in Puerto Rico. She has published three books, MI caja de herramientas, Mi Caja de Herramientas 2 and Ms herramientas para tu vida, all compilations of her weekly self-help and motivational columns. Respira y Sana, visualizaciones para la paz interior is her first meditation/guided visualizations CD. She is currently working on a new book about energy and the chakras and how they relate to our physical, emotional and spiritual well-being.

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