

**In this Conversations With Healers episode, my guest is Gracy Obuchowicz**, Washington DC-based Self-Care Consultant, Group Facilitator, and Retreat Leader. She is also a Certified Integral Facilitator, 500-hour Yoga Teacher, and a continuing scholar of Ayurveda. She is the author of the beautiful book *Selfcarefully and a mom*. Gracy and I met during our 200 hour Yoga Teacher training and have been in touch ever since. I am so glad to have had this amazing conversation with her.

**We talked about looking at our patterns of self-care, how self-care may look in the workplace, most common self-care misconceptions and more.** This is a really nourishing conversation that may challenge your notion of what self-care and self-healing means.

**You can find out more about Gracy and her work at** her website:

<https://www.selfcarewithgracy.com>

Check out her beautiful book *Selfcarefully* at this link: <https://amzn.to/3DRc9OA>

With love and light,

Damla

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