

**In this Conversations With Healers episode, my guest is Lauren Leduc,** Yoga Teacher and Teacher Trainer, Spiritual Life Coach, Intuitive, Mother, Founder of the True Love Yoga Studio, and the Author of Embody Your Inner Goddess - A Guided Path To Radical Wholeness.

**We talked about:**

- Her story of finding yoga, spiritual coaching, intuitive readings, and other healing paths.
- Sacred Feminine and embodying your inner Goddess,
- How to find out if your normal is normal and how trauma plays into that,
- Why we get to say 'I'm NOT sorry'
- How to revel in space,
- How to embody the magic of affirmations and mantras,
- Energetic boundaries,
- And more.

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

<https://www.laurenleduc.com/> and on Instagram

<https://www.instagram.com/iaml LaurenLeduc/>. Lauren is generously offering 50% off her 7-day chakra make-over course with the coupon code HALFOFF

<https://www.laurenleduc.com/chakra-course>

With love and light,

Damla

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