



Hosted by Damla Aktekin Featuring Rita Maximilian-Atassi

CONVERSATIONS WITH HEALERS



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In this Conversations With Healers episode, my guest is Rita Maximilian-Atassi. Rita is a Yoga and Meditation Teacher, an Institute of Integrative Nutrition Health Coach and one of my longest and dearest friends in the US. We talked all about teaching yoga, blessings of open-heart surgery, bio-individuality in health coaching, changing career paths and finding what lights you up and more.

This was a conversation that we recorded pre-quarantine, I feel like it still sheds light on how to be resilient and follow your path even though it may not look like what you thought it would be.

My favorite healing nugget from Rita is “I would probably tell myself (from 20 years ago), just be patient and listen more, listen more to your intuition. Be OK with whatever comes up. It might not look like the way you thought you would fit in. It might look a very different way. At the time, this was something I couldn’t even

imagine.”

You can find out more about Rita and her work at [her website](#) and her [Instagram](#). Rita is generously offering a 10% discount to all her online health coaching programs and her upcoming West VA retreat when you mention listening to this podcast. She is also offering a Free Health History to one of our listeners who will listen to this podcast, share it and [comment with a ♥ at the related post here](#) by April 7, 2020.

If this conversation touched you in any way, inspired you or spoke to you, please share it. You can share it in a conversation, post about it on Facebook or Instagram, or email or text it to your friends and family. We truly appreciate your support in spreading the love and light that we hope to create with these conversations.

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With love and light,

Damla

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