



Hosted by Damla Aktekin



Featuring Shelly Grande

## CONVERSATIONS WITH HEALERS



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**In this Conversations With Healers episode, my guest is Shelly Grande, yoga teacher, Reiki master, mantra lover, and mala creator.** Shelly has found deep healing in her beloved practices of yoga, Reiki, and mantras, and shares them in her classes and workshops. We talked about the endurance it takes to be on a healing journey, as well as tiny self-healing moments that can make all the difference.

**My favorite healing nugget from Shelly is** “Healing is a transformational experience that is forever ongoing. You have to be compassionate towards yourself. You have to allow yourself to be vulnerable and endure whatever comes up.”

**You can find out more about Shelly and her work at [her website](#)** including information about her monthly healing women’s circles called ‘Swamping’. For first-time Reiki clients, she offers a 20% off discount with the coupon code

FIRSTTIME20OFF.

**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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