

In this Conversations With Healers episode, my guest is Tracey

Miller, Holistic Health Coach, Yoga Teacher, Retreat Organizer, and the Founder of The Women's Wellness Exchange, which is a professional member alliance of women wellnesspreneurs with a mission to promote, connect, and support their members.

Tracey and I had a heart-felt conversation about what it means to live in alignment and how to honor our changing healing needs with and without help. Her way of honoring her own healing journey while supporting and elevating other women is truly inspiring.

You can find out more about Tracey and her work at her websites <https://www.womenswellnessxchange.com> and <https://adventureswithin.us>. Tracey is very generously offering one-month free membership to the Women's Wellness Exchange. To receive the discount, please email her at: tosbornemiller@yahoo.com

With love and light,

Damla

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