

## Mindfulness Guia Practica Encontrar Paz

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Estoy aquí para escucharte, ayudarte a hacer cambios positivos y así puedas sentirte mejor y encontrar paz y felicidad. Estoy comprometida a acompañarte y ayudarte a enfrentar tus desafíos.

Psychology Today

Si sientes que estás luchando emocionalmente y quieres encontrar dirección ... trabajo con partes, mindfulness y psicodinamica. Soy profesora de yoga con certificacion avanzada.

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