



**BIO:**

Soul Connector Michelle Alva, Holistic Physical Therapist and Intuitive Healer, is a woman on a mission to uplift our world and remind us of our essential nature, that we ARE love. She does this by integrating her over 20 year background sharing an approach that unites modern movement science with ancient wisdom and includes yoga therapy, belly dance, massage, emotional release bodywork, PSYCHK®, Therapeutic Touch® and Sound Therapy.

Michelle's is a catalyst for individuals to heal, de-stress, energize and connect to their sexy, sacred and sensual side.

Michelle recently released a new album of guided meditations called "YES! YES! YES! Guided Meditations To BE The Love We Wish To See In The World" to create a new mindset for each one of us to BE an embodiment of uplifting change on our planet.

Michelle is passionate about creating online audio and video inspirational and life-enriching programs such as "Jumpstart Weight Loss and Confidently Create: Emotional Release Weight Loss Mastery Course", "Sexy, Sacred, Sensual You Self-Care Mastery Video Online Course" and "Fear To Freedom: 8 Week Chakra Audio Course."