



PAST ACHIEVEMENTS –

- Original featured columnist on About.com Holistic section
 - Produced and narrated the best-selling guided healing meditation, *Purify the Body Temple*
 - Author of *Codes of Light—the Power of our Beliefs*
 - Attended numerous domestic and international expos and conferences over the years including the Body-Mind Expo in London where the BBC featured Paula
 - An E-200 yoga teacher in restorative and raja yoga
 - Featured on numerous radio shows and published articles online
 - Leads yoga retreats around the world
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“ I just wanted to let you know that I am so grateful that you have chosen to extend such a profound love to those of us who choose to connect with you on this journey! ”

Minnie Allen, Sr. Programmer, Insurance Co., SC

PAULA PRODUCED HER OWN INTERNATIONAL HEALING RETREATS TO –

- Yucatan 2011
- Egypt 2007, 2010
- South and North India 2001, 2006
- Tibet/Nepal 1999
- Bali 1999
- Peru 1998-1999, 2009

SPOKE AT –

- **Wesak Conference** — California 75+ people
 - **Awakening Conference** — Arizona 100+ people
 - **World Wellness Expo** — New Mexico 400+ people
 - **World Wellness Expo** — Texas 100+ people
 - **Vitamin Cottage** — New Mexico and Colorado 150+ people
 - **Yearly retreats** — Albuquerque, Sedona and Phoenix 100+ people
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“ We are so lucky to have Paula. Her high level of mastery taught me how to simply let go of my fear and embrace my divine Self. ”

Mary Richards, Discovery Channel Writer, VA

