ANNOUNCING
New Author, Michelle Star

I FORGIVE YOU, DADDY - YOGA AND THE ANGELS HEALED ME!

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MICHELLE STAR

A deeply moving account of how one can be pushed to the edge of darkness and utilize these healing tools to return to the Light.

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Endorsement: “For anyone walking a path of healing, this book is a beacon of light pointing a way forward. With such grace and openness, Michelle Star shares her personal healing journey. Her wisdom and profound courage are touching and deeply inspiring.”


Available at www.createspace.com/4991332, Amazon.com and Kindle

With a proven track record over a span of nearly 30 years, Michelle has received recognition as a dedicated professional in the fields of Yoga and healing. She conducted the Yoga therapy classes for the Cleveland Clinic's scientific study in 2000 entitled, "The Impact of Yoga on a Chronic Pain Population," demonstrating how Yoga can be a therapeutic tool for a range of physical and emotional challenges. She taught for Clinic employees for over 5 years and operated her own Yoga studio in Middleburg Heights, OH. Much of Michelle's career has been spent traveling as a Yoga and Reiki instructor, leading classes and workshops in Ohio, Michigan, Indiana and Pennsylvania (and now Florida). Certified by Kripalu in Massachusetts.

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