



EXCEPTIONAL WOMEN'S COACHING

The Tiara Spotlight

Shining our light on inspiring women around the world.



Claudia Braun

Living Mindfully Yoga, Director

A better way to take care of yourself!

www.livingmindfully.net

Young Living Essential Oils, Distributor

Feel better. Have more energy. Heal yourself.

www.livingmindfully.net

Who are you?

I started in the corporate world and then I began my own private practice in 1993 after some personal exploration. I began a social work program and after sitting through lectures and discussions I concluded that there were some missing pieces for me. At the time I didn't know what they were, simply that something was missing. Soon after I left that program, I was introduced to a Japanese Massage, specifically Shiatsu. I fell in love with the work, and how it made me feel. I felt like I was home in myself. I loved the philosophy, which was that it facilitated the body's ability to heal itself. How great is that!

I decided Shiatsu was my path. I studied at the Ohashiatsu Institute in Evanston. I soon began a practice offering individuals a way to connect to their inner selves at a deeper level. I heard myself encouraging my clients to "do yoga to keep the benefits of your Shiatsu session". Because of this passion, I began teaching yoga in 2001. I was introduced to essential oils soon after my introduction to Shiatsu and also saw how essential oils could be an important tool for health and healing, and I started incorporating them into my sessions. In 2007 I trained to be an aroma therapist.

What are you passionate about? Why are you involved in this business?

I am passionate about self-care, wholeness, personal growth, and spiritual fulfillment.

I love teaching others ways of healing they can do themselves. I love it when someone tells me they stopped taking over-the-counter drugs and instead are using an essential oil with even better results. I believe in our ability to heal. I believe in the quote "if you give someone a fish they will eat for a day but if you teach them how to fish they will eat for a lifetime". I am in this business to make a difference in individual's lives, and I want others to feel empowered so they turn around and do the same thing with someone else.

How do your clients benefit from your products/services?

Their physical health is improved, their psychological health is improved, and they feel more optimistic.

What's next for you and the organization? What are you committed to?

I will continue to grow personally and to learn so that I can teach others.

I have a team of people I work with that I teach how to use essential oils and how to teach others, I am committed to supporting this team so we ALL grow and benefit. I strive to be the best **me** I can be so I can do what I am here to do – teach others!