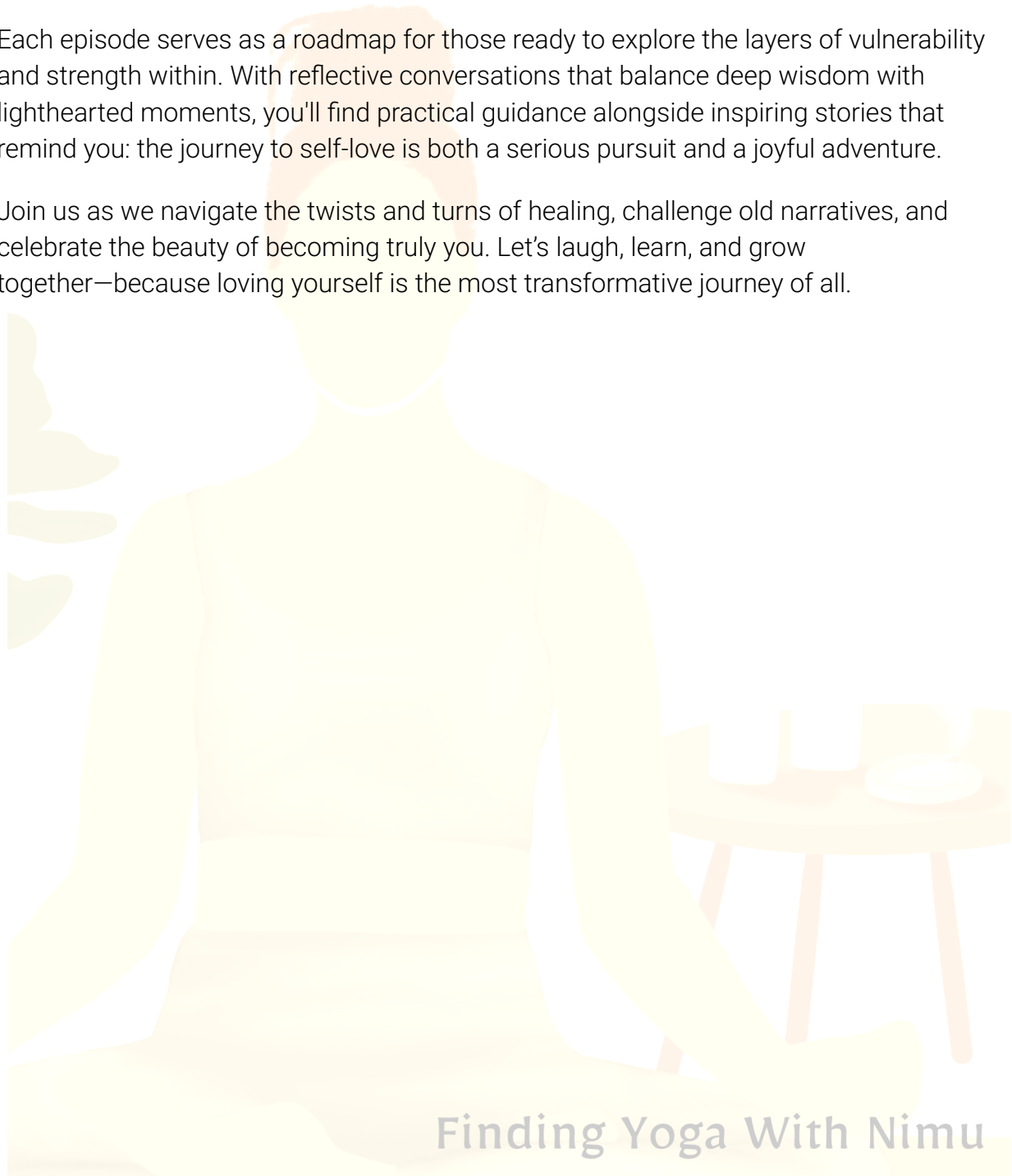


## **Welcome to a Journey of Healing & Self-Discovery**

Step into a sanctuary where every episode is a gentle invitation to heal, learn, and relearn the art of self-love. This podcast is your go-to space for cultivating self-compassion and rediscovering your authentic self. Here, we blend thoughtful insights with playful banter, creating a dialogue that's as professional as it is heartfelt.

Each episode serves as a roadmap for those ready to explore the layers of vulnerability and strength within. With reflective conversations that balance deep wisdom with lighthearted moments, you'll find practical guidance alongside inspiring stories that remind you: the journey to self-love is both a serious pursuit and a joyful adventure.

Join us as we navigate the twists and turns of healing, challenge old narratives, and celebrate the beauty of becoming truly you. Let's laugh, learn, and grow together—because loving yourself is the most transformative journey of all.



Finding Yoga With Nimu