

KARENA VIRGINIA

Karena is a wellness expert for the modern world.

Karena is a motivational speaker, energy healer, kundalini yogi, inspirational mentor and TV personality who loves sharing simple and transformational tools for healthy and inspired living.

Her comforting wisdom reminds us to align and allow natural wellness into every part of our body.

Karena believes LOVE is the highest intelligence of the universe.

Karena has been a highly sensitive empath from a young age. She encourages everyone to connect powerfully with his or her personal truth through love, compassion, inner beauty and radiance.

Karena's writing includes articles for the Huffington Post, her wellness blog, and her upcoming book, *The Essential Kundalini Yoga*, to be released by Sounds True Publishing on January 1, 2017. She is a member of Oprah Winfrey's Belief Team, was recently featured on Veria Living TV, Bravo TV, is the talent in the the highly acclaimed video, 'The Power of Kundalini Yoga', and the voice in the App, "Relax and Attract" with Karena Virginia.



For bookings and additional information please email media@karenavirginia.com