What do you listen to?

Listen to your inner dialogue.

Listen to your body.

Listen to your intuition.

What is one takeaway that you have from today?

What practice might you play with?
I’M GRATEFUL FOR:
About Elena
Elena Sonnino is a life coach and speaker.

But what most people say about Elena is that she brings delightful sparks of energy to everything she does. Elena is on a mission to help you BE the Sunrise In YOUR Pocket so that you can feel more peace, more joy, and be more connected in your life.

Her work has been featured by Rancho La Puerta Wellness Resort and Spa, Four Seasons Hotel Washington DC, Tiny Buddha, and the Chopra Center. Learn more about Elena at www.elenasonnino.com or by listening to her Sunrise in Your Pocket podcast.

Contact information
findflight@elenasonnino.com
www.elenasonnino.com

Join the Live Your Sunrise Facebook Group