

The 2 Minute Yoga Solution Author To Attend Talks And Book Signing Event

March 16, 2018

March 16, 2018 - PRESSADVANTAGE -

Nicole DeAvilla, author of the best selling book, "The 2 Minute Yoga Solution: Fast and Easy Stress and Back Pain Relief for Anyone at Anytime", will be speaking at the "Energy, Mindset, Healing, Wealth" event, where she will join other coaches and authors in inspiring attendees. She will be joined by Rhonda Liebig, Energy Revitalizer & Mindset Mentor; Beth Lendrum, expert on WAVE Energy Healing; Sally Domingo Laughlin, Women Wealth Master; and Syndee Hendricks, expert on Consulting & Insightful Coaching. The occasion will also be a networking and book signing event.

The event will take place on March 21, 2018 from 5:30pm to 8:30pm at the Roseville Executive Suites, 1100 Melody Ln, Roseville, CA. There will be an author Q&A at 7:40pm, and then book purchasing, signing, and networking from 8:00pm onward. Additionally the speakers have donated prizes that will be raffled during the event. The event will be an opportunity for people to be inspired and enjoy an evening of story-telling. Tickets are limited and people are therefore encouraged to get theirs as soon as possible through <https://www.eventbrite.com/e/energy-mindset-healing-wealth-talks-and-book-signing-tickets-44066444923>.

Nicole DeAvilla says: "It's not often that I get to share my secret sauce at a public talk like this. Attendees are in for a real treat. They will be able to experience while still in their chairs the power of 2 Minute Yoga - anytime, anywhere. Just like my private clients do." Nicole is a lifestyle coach and pioneering yoga therapist. Because of her highly active lifestyle, every major joint in her body had been injured. As a result, she suffered from several mysterious illnesses and underwent five major surgeries. In response, she developed a holistic lifestyle approach that would provide not just healing but help her thrive. Using her 35 years of experience as yoga therapist and 25 years of research, she developed the system described in her book to help people deal with their illnesses and have a healthy life filled with meaning and enjoyment.

Meanwhile, people can also register their interest for the event through Facebook at <https://www.facebook.com/events/152170942131896/>. On Facebook, each of the authors have shared a personal story that showcases their expertise.

Those interested in knowing more about Nicole DeAvilla and the 2 Minute Yoga Solution can visit the web page <http://the2minuteyogasolution.com/nicole-deavilla>.

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For more information about 2 Minute Yoga, contact the company here: 2 Minute Yoga Nicole DeAvilla 415-613-8586 Nicole@2MinuteYoga.net Based in the San Francisco Bay Area. Programs and coaching are primarily virtual or offered at various locations.

2 Minute Yoga

Providing Solutions for Busy Moms, Entrepreneurs and Holistic Professionals to have more energy, focus and peace of mind to do what they really love to do with passion and vitality. Founder, Nicole DeAvilla is a yoga therapist coach, speaker and author

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