

# **Dr. Shefali Tsabary - The Year of Manifestation - Weekly Meditation**

## **The Year of Manifestation- Weekly Meditation**

**In this special add-on of The Year of Manifestation course, Dr. Shefali leads a group meditation and expands on the YOM wisdom teaching.**

This is a special add-on of The Year of Manifestation course.

Dr. Shefali will teach people how to meditate with her and learn the principles and application of meditation.

## **Your Instructor**

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## **Dr. Shefali Tsabary**














Dr. Shefali is a NY Times Bestselling Author, world-renowned clinical psychologist, and international speaker at conferences and workshops around the world. Her

books, *The Awakened Family*, *The Conscious Parent*, and *Out of Control*, have revolutionized parenting for families across the globe. She has appeared on Oprah's SuperSoul Sessions, SuperSoul Sunday and Lifeclass, and has spoken at The Dalai Lama Center for Peace and Education, Wisdom 2.0, TEDx, and many other educational and transformational centers worldwide. Dr. Shefali received her doctorate from Columbia University, and maintains a private practice in New York. Her ground-breaking message integrates Eastern philosophy and Western psychology, with the power and potential to change lives for generations to come.

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