



# DR. ALISON J. KAY

*Master Mind/Body Energy Healer, Author, India trained YA RYT-200 Yoga & Meditation Teacher*

## CONTACT



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www.alisonjkay.com

## EXPERTISE

- Health and wellness
- Vitality and clarity
- Centered calmness
- Abundance
- Healthy emotional expression
- Balance
- Vibrant career path based on passion, alignment and fulfillment
- Healthy expressions of love
- Physical flexibility, ease and longevity

## SOCIAL MEDIA

 facebook.com/alisonjkphdholisticlifecoachenergyhealer

 @ajkbliss

## BIO

For more than 25 years, Dr. Alison J. Kay has practiced as a mind-body energy healer, founding the Vibrational UPgrade System, and working in yoga, meditation, chi gong, energy medicine, mind-body fitness, longevity and holistic health with a specialization in the chakra system. Considered one of the leading experts in her field, she has taught around the world and written two books: the award-winning "What If There's Nothing Wrong" and international best-seller "Vibrational UPgrade – A Conspiracy for Your Bliss; Easing Humanity's Evolutionary Transition."

## QUALIFICATIONS

- Doctor of Philosophy as a Holistic Life Coach, Ph.D
- Holistic Health Practitioner with the American Holistic Health Association, AHHA
- Usui Shiki Ryoho Reiki Master lineage to the founder, removed by six
- Trained and certified in four other energy medicine modalities
- India trained Ashtanga Yoga Teacher; Yoga Alliance Registered Yoga Teacher of 200 hours (RYT-200)
- Qigong Instructor
- Buddhist Meditation Teacher w/signature talk "The Nature of the Mind" for 26 years
- ACE Certified Personal Trainer w/certification in Fitness & Longevity Nutrition

## TOPICS

- Vibrational UPgrade: A Conspiracy For Your Bliss - Not Your Difficulty!
- The World is Changing but That's a Good Thing: Living During Humanity's Greatest Evolutionary Leap
- Breaking Free from the Chains: The Truth About Making Money in Today's World
- Finding Courage: Allowing Yourself Everything You Desire
- A Victim No More: Channeling Your Power to Live the Life You Want

