Meet the Team

emotion®

Lizette Morales, PhD

Doctor in Counseling Psychology

To be well with yourself you need to get out of the 'survival' mode and begin to enjoy your day-to-day life. Regular yoga practice offers a wide range of mental health benefits, especially when embraced consciously through mindfulness. This is due to the reduction of stress and anxiety by reducing cortisol levels (the stress hormone in the body).

I am a yoga instructor from Sadhana Healing Arts. I hold a Doctorate degree in Counseling Psychology from Bircham International University. I have a Life Coach certificate from the International Association of Professions Career College (IAPCC). In addition, I have extensive experience in all three areas and currently, I define myself as an Integrative therapy counselor. I am the author of the book La Sanación Absoluta.

I have given classes and lectures on various topics such as meditation, relaxation, and breathing techniques; in aromatherapy with the technique of 'emotional release'; in the tapping technique (stimulation of acupressure points to release negative or unprocessed emotions) and others. I have also taught workshops in alternative therapies to manage stress, anxiety, and emotions integrating pure certified essential oils with therapeutic grade; in yoga therapy for the body-mind connection through the chakras and emotions; as well as yoga therapy integrating essential oils to reestablish emotional balance and equilibrium.