

**Sara Warren** is a relationship person with a heart who thrives on integrity, transparency and vulnerability with who she is and what she offers the world. She considers herself a native of Colorado, has two amazing adult kids, Tara and Todd and 5 “joy bugs” (grandkids), of which she is most proud. After spending her beginning career years in corporate as a Home Economist, Public Relations and Community Specialist, she moved into the Healing Arts. Sara has been tenacious about her own healing process and believes there are no mistakes... only opportunities.

Acquiring a Masters in Holistic Psychology with an emphasis on the mind /body connection she also became a massage therapist specializing in energy work around trauma as well as working with nutrition and body contouring. She has also spent years in the personal development arena where she has a passion for coaching and facilitating people to reach their highest potential.

Sara has many interests yet her favorites are connecting people, spending quality time with family and friends, traveling, and being of service. She believes her greatest asset to be finding “the Gift” in every life experience, sharing it with others and hopefully “planting that seed of wisdom” for future growth.

