

# EMBRACING YOU with *Gina Pero*



[www.ginapero.com](http://www.ginapero.com)

*"Embrace who you are in this moment  
and allow the passion in your heart to  
lead your spirit on a path choosing  
purpose." - Gp*

My interview on The LIFE CHANGES Show is archived. Find it [here](#). The following blogs will be posted weekly at [www.lifechangesshow.com](http://www.lifechangesshow.com) and [www.ginapero.com](http://www.ginapero.com).

## **May 14: Embracing You**

A story about overcoming obstacles and meeting purpose.

## **May 21: Dance and Movement Heals**

Dance can be medicine and a way to be and move in the world. What's your style?

## **May 28: From Kickline to Consciousness**

Gina Pero's awakening experience performing as a Radio City Rockette, kicking 300 kicks per show.

**June is Scoliosis Awareness Month: Gina Pero shares stories, messages, and tools to embrace your mind, body, spirit.**

## **June 4: Embrace Your Spine: Your Lifeline**

Using your story as your super power.

## **June 11: Embrace Your Body's Message**

Tune into the wisdom of your body and hear your truth.

## **June 18: Embracing the Mirror**

Pathways to see, hear, and love you for who you are today.

## **June 25: Your Body: The Resource**

*"To discover the body is to discover awareness."*



**Dr. David  
Stella**



**FRESH START**  
Nutrition & Bodywork

**skin**  
BY JANE MANN

**THE  
LIFE  
CHANGES  
SHOW**