

EPISODE 1: Introducing Environmentally You

- What I mean in the podcast intro when I say “our direct relationship with our environments, and ways in which we can cultivate a deeper connection and understanding of ourselves”
- Why I believe this relationship is important to acknowledge, explore and practice
- Why is now, 2022, the perfect time for understanding and practicing these concepts
- Who, I believe can benefit from this
- How? The short answer
- Who I am, also the short answer
- And, my intentions for this podcast

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