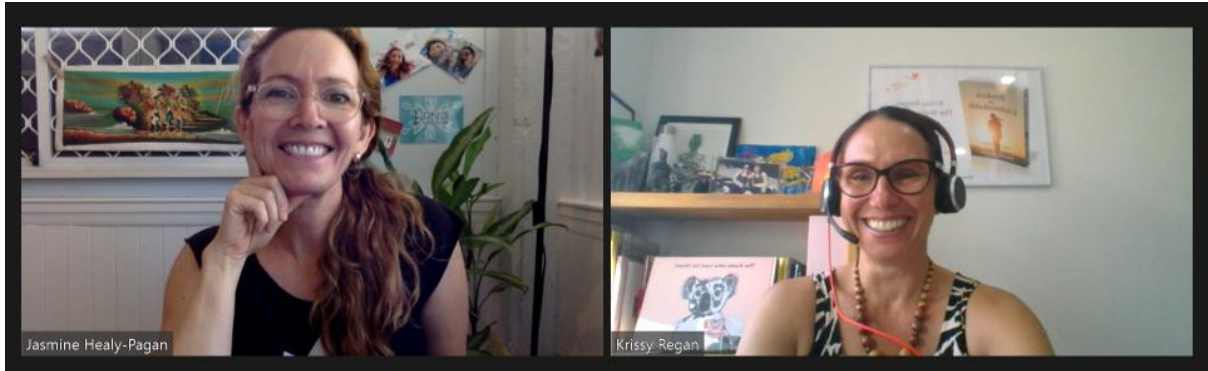




Interview with Jasmine Healy-Pagan

In this fun and inspiring interview with Jasmine we discuss the importance of creating community to foster and support health and wellbeing.

Watch Now: <http://bit.ly/JasmineCommUnity>



The Questions I put to Jasmine were as follows;

- You saw a need to establish a community for health and wellness (The Sundalah Community) more than a decade ago, what was your inspiration behind that and what did you feel was lacking for your personally?
- Has the vision for that community changed over time or have you changed as a result of that vision? Or both?
- You seem like a very soulful person – have you always been that way?
- Do you feel intrinsic pressure to remain helpful, positive or inspiring for your community?
- What would you say to someone that feels disconnected from themselves i.e. their soul or their spirit?

You can view Jasmine's work here and learn all about the Sundalah Story.

<https://www.facebook.com/sundalahcommunity>

<https://www.sundalah.com.au/about/#TheSundalahStory>

<https://youthreset.com.au>



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