

HOY MAMA

CLAUDIA SPAHR

Eclectic Facts

I used to broadcast to millions on the evening news, then left to start a family at 40 and open a yoga resort on a beach in Goa

I speak seven languages, including a dialect of German spoken by only 4.9 million people called Swiss

I can still do a front flip and love sensual dance. It's never too late to have fun and you're never too old to be sexy

My mission is to give voice to the Feminine, empower and inspire a new type of leader

Where I grew up in Yorkshire the only spaghetti you could buy came in tins made by Heinz

My middle name is Elizabeth. I'm the 7th in a line of daughters with this name. We all have a mystery mark under our left breast

I live courageously and believe life's biggest challenges are your greatest gifts, directly related to your highest potential.



#D9C884

MENTOR • AUTHOR • WELLNESS PIONEER