

# HolyMama

CLAUDIA SPAHR

## Did you know?

**I speak seven languages, including one that isn't written, it's a dialect of German**

**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**

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

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

**I can still do a front flip and began pole dancing in my fifties. It's never too late to have fun**

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

#D9C884



HOLY MAMA

**MENTOR • AUTHOR • WELLNESS PIONEER**