



TINA LOUISE BALODI

a.k.a. The Emotion Fairy™

TRANSFORMATIONAL LEADER | SPEAKER

RELATIONSHIP, LIFESTYLE & FAMILY COACH

MINDFULNESS & EMOTIONAL INTELLIGENCE EXPERT

AUTHOR | MOMMAPRENEUR | PODCAST HOST

ABOUT

Tina Louise Balodi is a Clairsentient Empathic Healer, Mommapreneur, & the Founder of Prana Boost™ & Prana Boost Parenting™. She is a Peace Advocate, Master of Mindfulness & Emotional Intelligence, Author, Speaker, & Transformational Life Guide. She inspires people to Raise Their Vibration & Live Their Most Authentic Life. She facilitates transformation by creating a new vision within the workplace or the home that supports: Shifting Your Mindset, Releasing Limiting Beliefs, Tapping Into Your Intuition, & Mastering Emotions.

As a Prana Boost Lifestyle Expert™, Tina lovingly guides, nurtures, & empowers individuals & groups of people to increase their Mindfulness to “BOOST THEIR PRANA” (a.k.a. Life Energy/Breath) which creates Emotional, Physical, Financial & Spiritual Wellbeing.

Tina is a Mindful Momma to 2 homeschooled girls who are 14 & 16 & has been happily together for over 26 years with her husband/business partner/best friend, Alan. Tina's UNIQUE Life & Parenting skills also include: Vegan Recipe Creations, Crystal Healing, Angel Card Readings, EFT-Tapping, Chakra Balancing & Pendulum Readings with Penjie™, her pendulum. Her biggest passions are: Inner Personal Transformation, Alternative & Holistic Healing, Positive Psychology, Emotional Intelligence, Nonviolence, Mindful Language, & Mindful Parenting.

MISSION

Prana Boost is a Global Transformational Wellness Lifestyle and Empowerment Company & Community. Our mission is to create and invent products, services, environments & communities that support this Global Transformation by elevating consciousness as we RAISE THE VIBRATION OF THE PLANET TO THE FREQUENCY OF LOVE. ♥

EXPERTISE

- Creator of The Prana Boost Way™ (Wellness Lifestyle & Environment Training)
- Mindset, Neuroscience, Nonviolence Training
- Feeling Your Way Through Parenting™ Book, Online Course & Curriculum
- Thought Leader in Relationships and Parenting
- Holistic | Mindful Living | Nontoxic Lifestyles
- Emotional Intelligence Children's Book Author
- Mental Health Advocate
- Unschooling United Facilitator of California
- Creator of Prana Boost Parties™
- Creator of Prana Boost CPR™: Managing Emotional Emergencies
- Mindful Language Educator | Trainer
- Host of The Prana Boost Show™ Podcast
- PEACE ADVOCATE

Ahimsa
अहिंसा
♥ Peace-Nonviolence ♥



TESTIMONIALS

“My husband and I have signed The Prana Boost Parenting Vow and I encourage you to learn all you can from Tina about creating a family based in love, compassion, and connection. Thoughts are energy and if you take the time to Raise Your Vibration to the frequency of Love, you will experience inner peace and success within your family; which will shift our world.”



I had the pleasure of connecting with Tina on her podcast, The Prana Boost Show, where I was able to share my experience growing up with spiritual parents. My father, Dr. Wayne Dyer and I wrote a book together titled, Don't Die With Your Music Still In You. It's based on his 10 Secrets for Success and Inner Peace. As I grew older I was able to appreciate that my parents taught me about unconditional love & inspired me to access my own inner wisdom and intuition.

In our book, my father and I explain, “You can't solve a problem with the same mind that created it.” In order to come up with a solution to any problem, we must change the way we think about the problem. We must change our mindset, break old patterns and go within to “tap into the power of intention and create the life we most want for ourselves.” As a new mom to 2 beautiful daughters, I am inspired to learn new ways to look at parenting in order to create the family of OUR dreams. Prana Boost empowers us to raise our standards and change the way we look at parenting. My husband and I have signed The Prana Boost Parenting Vow and I encourage you to learn all you can from Tina about creating a family based in love, compassion, and connection. Thoughts are energy and if you take the time to Raise Your Vibration to the frequency of Love, you will experience inner peace and success within your family; which will shift our world.

Serena J. Dyer
Hay House Author, Mommapreneur
Prana Boost™ Parent

“Tina is the REAL DEAL. She is a living, breathing example of what she teaches.”



Tina is the REAL DEAL. She is a living, breathing example of what she teaches. Her family model and experience continues to inspire myself and everyone in my community that gets to know Tina. Her and her husband are so committed to this work, and that gives me hope for our future.

Kylie Slavik
Digital Marketing Expert

“Tina's research and experience is something so valuable. I believe that her parenting & lifestyle techniques are contributing to so many families' well-being. If we want to evolve, we need to find more ways to include compassion and understanding as our foundation for our kids, who are the next generation.”



Tina's research and experience is something so valuable. I believe that her parenting & lifestyle techniques are contributing to so many families' well-being. If we want to evolve, we need to find ways to include compassion and understanding as our foundation for our kids, who are the next generation. I met Tina at the end of 2014 when I attended her Prana Boost workshop at Love Spa & Yoga. I thought I was attending a yoga/ meditation class. For the first ten minutes I was thinking this is not what I thought I signed up for but after connecting with Tina and hearing her explain what it meant to Raise Our Awareness and become more mindful and living a life with love instead of fear, I was very interested and couldn't wait to know more. She spoke about transformational books and authors that inspired her including The Four Agreements, Louise Hay, & Dr. Wayne Dyer (my favorite).

When I was ready to learn more, I started reading them too. I attended almost every weekly workshop. Soon after I met Tina, I was laid off from my job, yet somehow it wasn't the end of the world. Instead of feeding into the fear, I accepted I had no control over what my company decided to do, and it wasn't personal, but as Tina taught me I could manage my thoughts and emotions. Looking back was I was so unhappy and realized that this shift was really a blessing in disguise. I have also learned to focus on gratitude and appreciation. Since I became a Prana Booster, I am happy and peaceful more often than not and it has shifted my entire family. I enjoy sharing everything I learned from Tina and inspiring everyone I know. I am so thankful, grateful & blessed that Tina came into my life.

Evelyn Salas Boyer
Prana Boost™ Parent

“Tina's innate ability to be of service and share her knowledge with others is one unlike any other I've known.”



I have had the Divine blessing of meeting Tina through our conscious parenting journey and feel so grateful that our paths have crossed. Tina's innate ability to be of service and share her knowledge with others is one unlike any other I've known. Her capacity of love for her family translates further into the work she does through Prana Boost from conscious parenting and overall conscious living. She is extremely well-read in her field and a trusted friend and source and her zest for sharing her insights is one that comes from her heart so freely. The world is a better place because of Tina.

Sandra Fazio
Founder of the Conscious Parent Blog



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SOCIAL MEDIA



POSSIBLE TOPICS

- Master Your Emotions (The Importance of Emotions, The Importance of Managing Your Emotions & The Importance of Reconnecting After An Emotional Breakdown)
- Integrating Mindfulness Into Relationships, The Workplace and Within The Home
- Lessons From The Emotion Fairy™
- Mastering Communication with Mindful Language
- The Benefits of Becoming Consciously Sober™
- The Miracle of Pattern Interrupts
- 6 Mindful Techniques To Ease Parenting Fears
- Transitioning to a Plant Based/Vegan Lifestyle
- Presence In Parenting: The Secret Formula That Will Transform Your Family's Lives
- How To Become a Prana Boost EMT™ Trained To Perform Prana Boost CPR™ and Manage Emotional Emergencies
- Understanding The Power of Connection, Vulnerability & Rapport
- Raising Our Vibration: Reducing Stress, Promoting Peace and Mindful Living
- Creating A Conscious Family In Today's World
- 12 Steps To Awaken With Purpose
- 5 Ways To Lovingly Respond To Emotions



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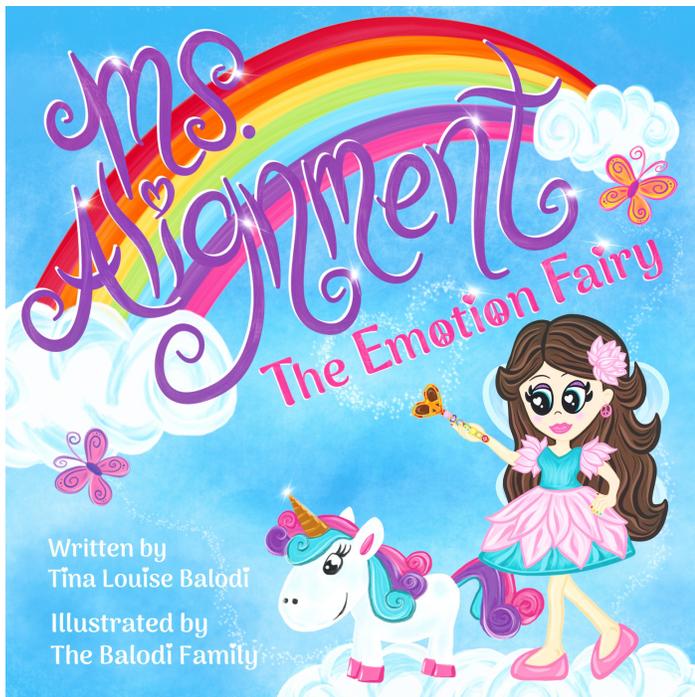
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CHILDREN'S BOOK AVAILABLE ON
AMAZON PAPERBACK AND KINDLE

Ms. Alignment The Emotion Fairy™





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a.k.a. The Emotion Fairy™

My book is part of my much larger mission of my company, Prana Boost & Prana Boost Parenting, to Raise The Vibration of the Planet to the frequency of ♥LOVE ♥.

I am committed to making Emotional Intelligence a priority in our families, our homes, our schools, our communities, and our workplaces via Mental/Emotional Health, well-being, mindfulness and nonviolence education. I offer 1 on 1 Coaching, Workshops, Events, Online Courses and also have a podcast where my husband is now participating so you can hear a Mom/Female and Dad's/Male's perspective called, The Prana Boost Show™ podcast.

As a Momma, Emotional Health is one of my greatest passions and I am proud to introduce Ms. Alignment The Emotion Fairy™. ♥

She & I are on a mission to educate and inspire families to understand the Power of Emotions and the role emotions play in creating healthy minds, bodies, & relationships.

“Caring for your family’s EMOTIONAL HEALTH is AS important as caring for the PHYSICAL HEALTH of your family.”

Guiding and educating children from a very young age to notice their own feelings and emotions helps them to understand that everyone has feelings and emotions. Just as we learn to walk, read, and do math we must learn to Experience, Identify, & Manage emotions in healthy, nonviolent ways. This can be learned at any age. This is a skill that must be learned.

Expressing Love, Mindfulness, and Patience when emotions occur will contribute to our child’s emotional health for the rest of their lives and help them to create healthy self-esteem, loving friendships, and relationships.

As children’s brains are developing, we have the ability to model for them how to safely handle our emotions and show them how we respond to other people’s emotions.

While we are not responsible for other people’s emotions, we are completely responsible for how we respond to their emotions and we can do this with love, empathy, respect, and compassion.

Ms. Alignment helps guide us with what to say when negative emotions appear.

At the end of our book, we share 10 Tips to Raise Your Vibration, 2 game pages, and 2 coloring pages. You and your child can use these activities to connect with each other and to help them align and manage their energy and emotions.

“Instead of PREVENTING emotions, we are working towards MASTERING coping skills for when everyone SHOWS their emotions.” ~ Tina Louise Balodi, The Prana Boost Method of Parenting™