



Gretchen Suarez earned a Master's Degree in Psychology from Nova Southeastern University and is a licensed mental health counselor (LMHC).

Gretchen lived in India for many years to study yoga and meditation – the eastern techniques to heal and self-actualization. Her work as a psychotherapist and yoga instructor has given her a valuable perspective on how human beings can heal and grow most successfully.

Gretchen can help you realize your true potential so that you can live your life with increased awareness and freedom from suffering. She can help you crystalize the limiting beliefs and unconscious patterns that prevent you from being you.

Gretchen can be reached at

- 305.799.1967
- gretchensuarez@gmail.com
- www.gretchensuarez.com