



NEWS RELEASE

FOR IMMEDIATE RELEASE

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CONTACT

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Sah D'Simone is available for media interviews. Contact the Library for details.

Spiritual guide Sah D'Simone to offer free guided meditation at Everett Public Library online

Sah D'Simone is an internationally known meditation teacher and author of “Spiritually Sassy: 8 Radical Steps to Activate your Innate Superpowers”

EVERETT, WA – Wild dance parties, vegan cake, and meaningful spirituality. Stop trying to put yourself into a box of what spirituality “should” look like—because, honey, being fully yourself is spiritual. This is what Sah D'Simone, meditation teacher, transformational speaker, and spiritual leader for a new generation, shares in “Spiritually Sassy: 8 Radical Steps to Activate Your Innate Superpowers.”

Everett Public Library invites you to join us for a virtual program with Sah on Thursday, Sept. 24, at 7 p.m.

Transform your mind, open your heart, and help the world by uncovering and celebrating the authentic you!

Sah D'Simone is known worldwide as a spiritual guide, meditation teacher, transformational speaker, and bestselling author. According to Deepak Chopra, MD: “Sah is a radical spiritual guide, igniting connections among his generation. Spiritually Sassy encourages us to embrace our own very personal version of inner freedom and is a celebration of boundless living!”

Sah has dedicated his life to helping others live in alignment and achieve their highest potential. He is pioneering a spiritually sassy, heart-based healing movement rooted in scientifically proven techniques. Sah has an infectious enthusiasm for healing, grounded in an expert and revolutionary synthesis of ancient Tantric Buddhism, contemplative psychotherapy, meditation, breath work, and integrative nutrition—all delivered in his radiant and playful style. His new book “Spiritually Sassy” is a guide for those who celebrate diversity, authenticity, and freedom both in life and on the spiritual path.

This program is free and open to the public. Save your spot and join the event here:
<https://www.crowdcast.io/e/eplspirituallysassy>.

Copies of “Spiritually Sassy” are available for [loan from the Everett Public Library](#) or for sale from our bookstore partner, [Third Place Books](#).
