

dynamic
WOMEN

*Tonyah
Dee*

YAHLIGHT, LLC
PRESIDENT

When seeking inner peace and empowerment, Tonyah Dee of YahLight is the Dynamic Woman to turn to. Dee began her career in the health and wellness space as a registered dietitian. After going through a divorce and developing an anxiety disorder, she turned to meditation to heal her soul; this created a new life path for Dee, and she now teaches her Christ-centered meditation methods to groups across the nation.

"I have a unique way of teaching others how to be still, know and make friends with their soul and connect with a higher power," emphasizes Dee. Trained in using crystal singing bowls for healing and a talented musician behind many original devotional chants, Dee has a diverse perspective on wellness. Dee's best advice for her clients is: "It takes a season of inner reflection to understand your unique, authentic soul, and once you know who you are and how to tap into a higher power, the guidance and miracles will follow. It doesn't mean you will be in self-improvement or self-discovery mode forever, so put in the time and learn to flow with grace."

This Dynamic Woman has a busy future with the release of her book "Higher Power Living" and its accompanying workbook, "How to Meditate with Jesus," which will combine Western and Eastern spiritualities and scientific evidence. Dee will host retreats focusing on the methods found in these books and explore "Fearless Women, How to Transform Negative Emotions into Positive Realities" with Donna Schuller of Fearless Women Ministries. Dee has created Emotional Clarity Cards as a tangible guidance tool and also publishes a weekly newsletter filled with free guided meditations, devotional chant music and tips on feeding the body, soul and spirit.

“A DYNAMIC WOMAN
GRACEFULLY MATURES AS SHE
TAKES ON THE CHALLENGE OF
TRANSFORMING INTO THE BEST
POSSIBLE VERSION OF HERSELF.”



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