

Top Self-Made Women

Spring Groove- In the health and well-being landscape, think of [Spring Groove](#) as your personal radio host, always on cue to play the hits that rejuvenate body, mind, and soul. Picture this: She once rocked Broadway stages, performing in hits like, "Bye Bye Birdie", "Grease" and "Saturday Night Fever" and then she thought, "Why stop at showbiz?"



So, she composed her own tunes, recorded a dozen original albums, and toured the globe. Spring first opened the hearts of her European fans as a beloved busker and then went on to offer spiritual concerts and vocal empowerment workshops in over 20 countries. But the real magic began when she stepped away from the spotlight and founded [Y.U.M.M.Y. Time® Wellness](#). It's like the culmination of her work for life's second act!

This wellness wonderland, nominated for a Best Innovative Programming Award and an LA Civic Leadership and Impact Award blends live music (the heart-warmer), meditation (the mental chill pill), and gentle chair yoga (the body booster). It's like a symphony for the senses, making the golden years genuinely golden.

Spring's dream? To see Y.U.M.M.Y. Time® Wellness vibes flourish everywhere. She's gearing up for Facilitator Training sessions in New York, London, and Australia, with the grand premiere set for LA in 2024. Stay tuned!

Discover more on [Spotify](#), [YouTube](#), or catch her rhythm on [Instagram](#). And don't miss the encore on [Facebook](#).