



**SPARK THEN IGNITE**  
ENERGY HEALING

## Healing Arts Training and Workshops

### **JULY 2018 TO JULY 2019**

Advanced Shamanic Healing

Teacher: Daniel Leonard – Shamanic practitioner and teacher, and Reiki Master

[Medicine Circle](#)

### **NOVEMBER 2016 TO SEPTEMBER 2017**

Certified: Shamanic Healing Practitioner

Shamanic Healing 1-yr Program: The Path of Power

Teacher: Daniel Leonard – Shamanic practitioner and teacher, and Reiki Master

[Medicine Circle](#)

### **AUGUST 2016**

The Psychology of the Chakras – 7 day training

Teacher: Anodea Judith (author of Eastern Body, Western Mind) [Kripalu Centre](#) –  
Lennox, Massachusetts

### **FEBRUARY 2015**

Reiki Energy Healing, Level 2

Reiki Master: [Anita Levin](#)

### **SEPTEMBER 2014**

Reiki Energy Healing, Level 1

Reiki Master: [Anita Levin](#)

### **NOVEMBER 2011**

Reiki Energy Healing, Level 1

Workshops: Pendulum reading, Reading angel cards

Reiki Master: [Janet Arthur](#)



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## Yoga, Stillness and Movement Training

**MAY 2019**

**Craniosacral Training Program: Part 1 (4 day intensive – 24 hours)**

Teacher: **Robert Harris**

**MAY 2019**

**An Introduction to Craniosacral Therapy:**

**Finding your Stillpoint and Help for the Spine (2 hours)**

Teacher: **Robert Harris**

**APRIL 2019**

**ELDOA workshop (2 hours)**

Teacher: **Roselby Rodriguez**

**MARCH 2019**

Online courses:

**Movement – Anatomy of the Feet**

**Ankle Mobility**

**Shoulder Anatomy for Movement**

**Fascia in the Moving Body**

Teacher: **Chris Krummer**

**JANUARY 2017 TO MARCH 2019**

**Faculty member for 200-hour Teacher Training Certification at the former Studio Blue Yoga & Fitness (Toronto):**

Teacher/Presenter: Linda Kang

Breath

Meditation

Intro to the Chakra System



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**AUGUST 2018**

**Breath, Nervous System and Internal Effects (weekend intensive)**

Teacher: **Chris Krummer**

**APRIL 2015**

**Anatomy Trains Workshop for Movement Therapists**

(Founder: Tom Myers)

Instructor: Carrie Gaynor, BSN, RN, KMI, BCSI, E-RYT

Structural integration and fascial stretching techniques

**JULY 2014**

**The Art of Mysore: Self-Practice and Adjustment Techniques for Teachers (100 hours)**

Teacher: Ron Reid **Downward Dog Yoga Centre** – Toronto, ON

**AUGUST 2013**

**Ashtanga Technique and Workshop (5 day training)**

Teacher: David Robson **Ashtanga Yoga Toronto Centre (AYTC)**

**JULY 2012**

**Ahimsa and the Art of Hands-on Adjustment (100 hours)**

Teacher: Ron Reid **Downward Dog Yoga Centre** – Toronto, ON

**JULY 2011 TO SEPTEMBER 2011**

**Yoga Teacher Training (200 hours)**

Teachers: Ron Reid, Diane Bruni **Downward Dog Yoga Centre** – Certificate

**MAY 2007**

**Ayurveda and Springtime Cleanse**

Teachers: Robert Svoboda and Scott Blossom **Kripalu Centre** – Lennox, Massachusetts



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## Personal Development / Other Interests

### **FEBRUARY 2017 TO MARCH 2019**

**Life Coaching with Jane Pak** (monthly sessions)

Main focus: Walking away from the corporate world and finding freedom, peace and fulfillment as a healer.

### **NOVEMBER 2015**

**Daily Love Bali “ Writers Retreat – 30 day training**

Novel Writing coach: **Lisa Fugard**

Other amazing writing coaches:

**Laurie Wagner**

**Bernadette Murphy**

### **MAY 2013**

**Sedona Soul Adventures**

Core Belief Transformation

Inner Journey with Breath

Breakthrough to Creativity