



SPARK THEN IGNITE
ENERGY HEALING

Healing Arts Training and Workshops

JANUARY 2021 - ONGOING

Shamanic Reiki Workshops: Shamanic Reiki Ancestral Connections

Munay Ki Rites initiation via The Wisdom Circle

Teacher: Lorena Colarusso, Transpersonal Coach, [Alchemy Pathways](#)

NOVEMBER TO DECEMBER 2020

Reflexology

Teacher: Margo McLaughlin - Ontario College of Reflexology

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](#)



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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**

Yoga, Stillness and Movement Training

JANUARY TO MARCH 2021

Kinstretch for Runners - Lower Body Mobility

Teacher: Dr. Mitch Broser, DC, FRC Mobility Specialist, Strength+Conditioning Coach @
Move Better HP

NOVEMBER 2020

Blu Matter Project Trauma Informed Training (40 hours)

Mental Health Sensitivity Training

Presented by: Aaron Moore, Janey Brown, Elaine Clark and Elizabeth Vecchio

OCTOBER 2020

CANFITPRO series:

Brain Fitness - Presented by: Jill Hewlett

Lifestretch (Fascia recovery training) - Facilitated by: DTS Education

Your Walk is Whack - Presented by: Jason Persaud and Kennedy Lodale

Body Image and Mental Wellness - Facilitated by: Various presenters

JUNE 2020

Love Your Brain Training - Yoga (20 hours)

Improving the quality of life of people affected by traumatic brain injury

Teacher: Kyla Pearce