CONSCIOUS EVOLUTION

AWAKEN, ALIGN & FULFILL YOUR GREATER PURPOSE

Quiana Grace Frost

Catalyst

Supporting Individuals,
Couples, Groups & Communities
in Conscious Evolution

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INTENTION

To serve the evolution of consciousness by awakening, activating, and supporting individuals and communities in fulfilling their greater potential and collective purpose. To collaborate in dynamic co-creative synergy with others in service to the greater good.

OVERVIEW OF SKILLS

Gifted Transformational Leader, Business Catalyst, Articulator, Collaborator, Community Organizer, Program Designer, Trainer, Workshop Facilitator, Life Coach, Counselor, Mentor, Writer, Innovator, Intuitive & Natural Healer, Professional Massage Therapist & Body Worker and Transformational Guide

PROFESSIONAL EXPERIENCE

Heart Circle Trainings
Intro to Heart Circles with Quiana Grace Frost
Heart Space with Quiana & William Grace Frost
Intro to Heart Circles with Tej Steiner, Greet Heylen, Quiana & William Grace Frost
• *Virtual Trainings* • *2023 - Ongoing*

Conscious Evolution / Energy Medicine & Spiritual Coaching Practice
• *Sebastopol, CA; Mendocino, CA* • *Global Online Practice* • *2018 - Present*

Sacred Success: Assisting Humans Clearing Obstacle to Their Conscious Evolution
Create Business Alchemy: Assisting Entrepreneurs Clear Obstacle to Success
• *Sebastopol, CA* • *Global Online Practice* • *2018 - 2020*

Assisting professionals in clearing their obstacles to success, so they may fully thrive in business, attracting more clients, making more money while fulfilling their purpose!

Co-Leader of a Couple's Group

- *Sebastopol, CA • 2005*
  Four couples started together in 2005 and have been meeting monthly for ten years now. We are now three couples sharing and supporting all aspects of our journeys in committed partnership. We each co-facilitate and host the weekends.

Certified Professional Co-Active Life Coach, C.P.C.C.

- *Northfield, MN; Abiquiu, NM; Asheville, NC; Dahlonega, GA; Sebastopol, CA, Mendocino, CA • 2004 - Present*

Assisting individuals, couples, groups, small businesses and communities in gaining essential clarity and focus as to their greater purpose and passion in life, releasing perceived limitations, discovering and aligning with their core values, and making pivotal changes in their lives so that they may live lives of true fulfillment on all levels of their being.

Transformational & Intuitive Counselor & Vibrational Healer

- **Private Practice** • *Santa Fe, NM; ; Sedona, AZ; Tucson, AZ; Pagosa Springs, CO; Asheville, NC; Northfield, MN; Dahlonega, GA; Sebastopol, CA; Mendocino, CA* • 1982 - Present

  I meet people where they are; help them identify where they want to go or what they want to achieve; help them identify and clear limiting beliefs, patterns or energies; and create shifts as needed to help move them forward. I can laser in on pivotal patterns, helping clients make quantum leaps in their life expression. This is offered in a field of loving open honor and care.

- ***The M.A.S.H. Unit*** *• Pagosa Springs, CO • 1993 – 1995*

  I worked with a team of "transition facilitators" and etheric surgeons supporting individuals from around the world who came to us for profound transformation. I served in a richly collaborative structure and performed transformational coaching, "Light-body"work, and etheric surgery.

- ***Three Day Transformational Live-In Intensives*** *• Tucson, AZ • 1989-90; Abiquiu, NM; Dahlonega, GA; Sebastopol, CA; Mendocino, CA • 2008 - Present*

  Assisting individuals and couples to identify their unique gifts and calling, clarify their soul's longing and create alignment with their higher path and take their next steps to fulfill their destiny here.

Content Manager for Shift Movement.com • The Shift Network • *Virtual • 2011-2012*

Tasks involved tracking, posting and updating content on the company's social and educational networking website; Working in partnership with supervisor to establish and document posting protocols and procedures; Systems design and testing; Working closely in partnership with the team in service to "The Shift".

Training Facilitator: Corporate Creativity, Innovation, Communications & Consciousness Consultant • Ekstasis: Moving Beyond

- **Cole's Innovation Forum** • *Kennesaw GA • 2012*

- **Kennesaw State University's Excel Leadership Program** • *Kennesaw GA • 2012*
- **Ciba Vision** • *Clermont, GA • 2011*
- **ACE: Atlanta Creativity Exchange** • *Kennesaw, GA • 2011*
- **Kennesaw State University's Excel Leadership Program** • *Kennesaw GA • 2011*
- **Orange** • *Clermont, GA • 2010*

  Responsible for needs assessment, program design, implementation and evaluation.

Consultant & Co-Director of Three International Yoga Spa Resorts

Maya Tulum, *Tulum, Mexico;* ***Pura Vida Spa Resort,*** *Alajuela, Costa Rica* • ***Dahlonega Spa Resort,*** *Dahlonega, GA, USA and their main office in Conyers, GA • 2009-10*

Worked in partnership with my husband, William Grace Frost. The position involved

Overseeing the company's overall systems. We reported directly to the owners, while all others reported directly to us. Responsible for infrastructure, communications, customer service, supporting the managers of each resort, hiring and firing, advanced problem solving, and website direction and management. I was directly in charge of overseeing the design and population of their new master website, as well as the websites for each of the three resorts. We were responsible for the onsite management of their Georgia property for several months while doing search and hiring for a new manager. We were offered the opportunity to move into co-ownership of the company and declined the offer.

Workshop Leader & Group Facilitator Transformational & Healing Arts Workshops

Throughout the SW, Western US, HI, New Zealand & Canada • 1988 – present

Topics Include:

- The Care and Guardianship of Your Sacred Self
- The Edge Practice: 5 Steps to Holding Healthy Boundaries
- Your Illuminated Body
- Awakening Your Multidimensional Self
- Living Your Purpose with Passion
- Discovering Who You Are and What You Have Come Here to Do!
- Synergy: Awakening the Power of Co-Creation
- Finding Your Flow, Personal Creativity Awakened!
- Relationship: Claiming the Gift of the Mirror of the Self
- Conscious Movement: Embodying Your Spirit
- Embodied Leadership
- The Authentic Life: Realize the Power of Your Authentic Self
- The New Domain: Awakening a New Way of Living
- Sound Healing for Yoga Teachers, Massage Therapists, Body Workers & Natural Healers 16 CEUs
- The Extraterrestrial Mission on Planet Earth
- Five Rhythms of Life: Liberation Through Movement
- Getting Along: The Final Frontier of Human Survival Skills

- **Decision Making in Community: Coming to Agreement**
- **Labyrinths: Pathways to Peace**
- **Labyrinths: Opening to Your Creative Flow**
- **Illuminated Body: Awakening Your Sacred Anatomy**
  Now called: The In-Depth Edge Practice: Five Steps to Energetic Boundaries
- **The Four Movement Types in Leadership**
- **Finding Your Groove Thang... Discovering Your Niche for Yoga Instructors**
- **Ethics for Yoga Instructors**
- **6 Keys to Discovering Your Life Path: Claim Your Hidden Gifts and Tap into Your Soul's Wisdom So You Can Life a More Meaningful and Fulfilled Life**
- **Trusting Your Inner Knowing**

~ 40+ years of workshops with more titles than I can begin to remember!

Professional Massage & Bodywork Therapist • CAMTC #35898

- **Private Practice** • *Santa Fe, NM; Maui, HI; Sedona, AZ; Tucson, AZ; Pagosa Springs, CO; Northfield, MN; Asheville, NC; Sebastopol, CA • 1979 – 2020*
- **Hampshire College** • *South Amherst, MA 1979-80*
- **The Pilates Studio of Eve Gentry** • *Santa Fe, NM • 1981 – 1982*
- **Dr. Theodore Anderson, D.C. Clinic** • *Santa Fe, NM • 1986 – 1987*
- **El Gancho Fitness, Swim & Racquet Club** • *Santa Fe, NM • 1982 – 1984*

Offering intuitive, nurturing and integrative bodywork assisting individuals in embodying who they are more gracefully; Operating all levels of private practice from service provider, marketing, sales, accounting, etc.

Labyrinth & Sacred Earth Art • Partner and Assistant to William Grace Frost

Labyrinths • Zen Gardens • Mazes • Medicine Wheels • Rock Cairns

MN, HI, NM, NC, GA, CA, USA; Mexico

Our labyrinths and Sacred Earth Art have been created for conference centers, festivals, healing and retreat centers, spas, both public and private schools, housing developments, various types of therapy and treatment centers, private residences and special events (such as: wedding proposals, weddings, birthdays and corporate functions). A complete resume' of our creations is available upon request.

Movement & Embodied Consciousness Educator • Yoga Instructor RYT 500 / E-RYT200

• Santa Fe, NM; Tucson, AZ; Abiquiu, NM; Asheville, NC; Dahlonega, GA; Sebastopol & Graton, CA; Virtually • 1982 – 2020

I offered classes that integrate asana, rich and creative vinaysa, pranayama, meditation, mudras, mantras and more! In Sebastopol, I have taught at the dhyana Center, Alive Yoga, Yoga Ganesha, Graton's Got Yoga!, Coaches Corner, Westside Yoga and for a private intentional community and guests, called "La Tierra".

Creative & Improvisational Movement Trainer

- **InterWeave: Creativity in Motion** • *Sebastopol, CA • Summer 2015 – 2020*
- **Kennesaw State University's Excel Leadership Program** • *Kennesaw, GA • 2012*
- **Kennesaw State University's Excel Leadership Program** • *Kennesaw, GA • 2011*
- **Embodied Leadership • Atlanta Creativity Exchange** • *Kennesaw, GA • 2011*
- **Embodied Play** • Northfield Arts Guild • *Northfield, MN • 2005*
- Creativity & The Labyrinth • The Labyrinth Society Annual Gathering • *Maple Lake, MN • 2004*
- **Moving in Relationship** • Interplay International Leadership Conference • *Nashville, TN • 2004*
- **Interplay • Celo Community Outdoors Camp** • *Celo, NC • 2002*
- **Interplay • Psychic Kids Camp** • *Black Mountain, NC • 2002*
- **Interplay • YMCA Counselor's Orientation Training** • *Swannanoah, NC • 2002*
- **Keynote Engagement: Chaordic Commons International Conference • Darden Business School** • *Charlottesville, VA • 2002*
- **Community, Creativity & Connection: An Interplay Series** • Namaste' Yoga Center • *Asheville, NC • 2003*
- **Interplay Classes** • Terpsicorp Dance Studio • *Asheville, NC • 2003*
- **Dance of the Veils** • LEAF Festival • Swannanoa, NC 2004
- **Stretch & Tone** • *Santa Fe, NM • 1981-84*
- **Prenatal Fitness** • 5th Street Dance Studio • *Santa Fe, NM • 1984*
- **Aerobic Fitness**: "Reggae Aerobics"; "Yoga/Aerobics" • Unitarian Church; Tibetan Buddhist Center; El Gancho Club, 5th Street Dance Studio • *Santa Fe, NM • 1981-84*
- **Senior Fitness** • The Senior Center • *Santa Fe, NM • 1982-84*

Founder, Leader & Mentor for "W.O.A.": A Young Women's Group

"Women of ARTech" • ARTech Charter School • *Northfield, MN • 2005 – 2007*

Creator and leader of weekly mentoring program for high school age girls that was held within the school program: Advocate for young women to find their voice, honor who they are as unique Spirits and learn to create healthy connections with other women; Profound and enlightening "interspecies" interactions between the girls and the young men's group my husband led, "Dudes of ARTech"

Community Organizer & Event Producer

- ***Indivisible Mendocino Coast*** • *Fort Bragg, CA • 2024-26*
  Sponsored, Organized Volunteers and Designed Communications for National Events held locally
- ***Men & Woman: The Fishbowl Experience*** • *Santa Rosa, CA • June, 2019*
  Co-created with my husband, William Grace Frost. We lead a group of approximately 20 men and 20 women to explore the differences between men and women.
- ***wONEderFest:YOGA*** • *Sebastopol, CA • September 12, 2015*
  Co-creator, designer, organizer, facilitator of a local yoga festival for over 500 people including vendors, speakers, musicians, a parade, an after-party and all volunteer-run staff. Involved in all levels of design and implementation.
- ***We Are Women on the Move*** • *Sebastopol, CA • 2013 – 14*

Creator, organizer, facilitator of community dance activism, we are a dynamic moving body of women, honoring the beauty, power as we inspire and catalyze positive change in the world through self-expression and social activism: dance, voice, story and song. We performed the flash mob dance as part of a global action for "One Billion Rising" in many venues in Northern California.

- ***Birth 2012*** *• Agape Church, Los Angeles, CA • Dec 20-22, 2012*
  Set up and ran the bookstore for The Shift Network and supported overall event production
- ***Conception Day 2012*** *• Atlanta, GA • March 2012*
  Assisted Barbara Marx Hubbard in the start of her world tour. I helped set up the scheduling and coordinated the various support teams and contact information that brought cohesion to her offerings. After this work, Barbara asked me if I would be her personal assistant.
- ***Whole Living Expo*** *• Northfield, MN • 2006*
  Creator, organizer, production facilitator, publicist for this expo featuring local holistic health, green and sustainable related businesses
- ***Whole Living Directory*** *• Northfield, MN • 2005 – 2006*
  Creator, organizer, facilitator of community organizational meetings, layout design, production facilitator, publicist for directory expo featuring local holistic health, green and sustainable related businesses
- ***Friday Night Arts Walk*** *• Asheville, NC • October 4, 2000*
- ***Concerts, Workshops and Weekly Community Programs & Events***
  Essential Arts: Resources for Conscious Wellbeing *• Asheville, NC • 1999-2002*
  Event creator, producer, organizer, publicist and "M.C."
- ***Deva Premal & Miten in Concert*** *• Jubilee Church • Asheville, NC • October 4, 2000*
  Event producer, organizer, publicist, hostess and "M.C."
- ***Unity in Diversity: A Community Celebration*** *• Asheville, NC • 1996*
  Event planning and production bringing together and representing the diverse populations of Asheville, NC. Carlos Nakai was our featured artist.
- ***E.T.E.M.: Extraterrestrial Earth Mission*** *• Sedona, AZ • 1990-92*
  All aspects of event production, support and audio recording for approximately eight four to six day intensives.
- ***Womyn's Music Festival*** *• Wendell, MA • Summer 1979*
  Co-producer, co-organizer, co-publicist and "Mistress" of Ceremonies. I became the MC because no one else wanted the role. I was the shyest of the group and ironically it was because I did not speak up and say, "No!" in time, that I got the job. It was a true "Baptism by fire". After I got over my initial "deer in headlights" shock at being on stage, I discovered I had a natural calling speaking to large audiences. It was a blast!
- ***DNC Associates Office Parties & Event Production*** *• Rockville, MD • 1970-76*
- ***Family Parties*** *• Events of 100-300 people • Bethesda, MD • 1970-76*

Co-Creator, Co-Owner & Co-Manager of Metaphysical Store

Essential Arts: Resources for Conscious Well-Being
Retail Store, Gallery, Gathering & Sacred Space • Asheville, NC • 1999-2005

Creation, design, implementation, management of entire business, ran weekly educational programs and monthly gallery exhibits, exhibition and sales at tradeshows with my now former husband; Managed staff of 6 employees, my responsibilities also included creating job descriptions, training, hiring, firing, periodic performance evaluations, and holding staff meetings.

Co-Creator of "Crystal Light Essences"

Gemstone Essences for Activation in Consciousness • Pagosa Springs, CO; Taos, NM; Asheville, NC • 1994-2003
Concept, vision, design, creation, packaging, marketing, display and sales.

Creator of Flower Essences

For use in private practice *• Santa Fe, NM, Maui, HI, Pagosa Springs, CO; Asheville, NC; Mendocino, CA • 1981- Present*

Sales of High-End Natural Minerals, Crystals and Gemstone Jewelry

Various trade shows and home shows *• CA, NM, CO, NC • 1993-5*
Purchase, display, sales, inventory, accounting, promotional networking

Co-Publisher: *ET 101: A Cosmic Instruction Manual*

• Santa Fe, NM; Sedona, AZ; Pagosa Springs, CO • 1990-4
Financing, support, promotion, organizational strategies, database management, sales, packing / shipping and design communications; Helping to keep the author in good shape!

Performance Artist / Actress

- **"Daddy's Girl" • Moth Story Telling Mendocino Theater Company** • Mendocino, CA • 2026
  Performance of personal story to a standing room only show
- **"Redwood"** • Sonoma CO, CA • 2015
  Actress in an ensemble piece for an independent film by Molly Lowe
- **"Angel in the Waiting Room" as "Dominca"** • Sonoma CO, CA • 2015
  Actress in Independent Film by Michele Gold
- **"Brother Sun, Sister Moon"** • San Francisco & Santa Rosa, CA • 2014
  Solo Dancer with a troupe of 11 musicians and singers
- ***Interplay Troupe*** • Minneapolis, MN • 2005
  Performed with a troupe of 6-8 folks as keynote entertainment for International Labyrinth Conference. We took content from the workshop participants' experience and wove them into a dynamic improv performance of story, theater, song and movement.
- ***Interplay Asheville "IP IP Array"*** *• Asheville, NC 2000 – 2003*
  Rehearsed and performed with a small troupe offering performances in public venues and home shows. We invited input from the audience and wove their words and inspiration into story, theater, song and movement in a dynamic, interactive, improv presentation.
- ***PlayBack Theater Group: "Living Story Theater"*** *• Asheville, NC • 1999 -2000*

Performed with a troupe of 8 folks taking snippets of stories from the audience's lives and retelling them for them in a way that evokes insight, reflection and realization. A profoundly transformational art form that helps build community and compassion for our shared human journey.

- ***"Star Gates: Gateways to Multi-Dimensional Consciousness"*** *• CO; AZ; CA; OR; UT; ID; NM; NC*
  Co-Creator, Artist, Artistic, Director, Co-Producer, Advertising, Marketing, Performer
  In this traveling performance piece, I took my "Star Gate" designs dissolved into images of deep space with evocative music and my dancing with the star fields projected onto my body. The interaction of the music, light, shadow and images was quite transformational and other worldly!
- ***Mendo MOTH - "Telling Our Stories"*** *• Mendocino Theater Company • May 13, 2016*
  Wrote and Performed my piece, "Daddy's Girl", to a sold-out theater.

Wedding Ceremony Officiant

Universal Life Church Minister

Performing creatively inspired weddings in exquisite natural settings • Maui & Kauai, Hawaii; Sedona, AZ; Abiquiu, NM; Hot Springs, NC, Marshall, CA • 1985 – Present

Visual Artist

"Star Gates: Gateways to Multi-Dimensional Consciousness"

My body of sacred artwork inspired by living in Sedona, AZ. Exhibited in Pagosa Springs, CO; Asheville, NC

"On Winged Prayers"

My mixed media piece exhibited at Kitty Hawk Gallery, Sebastopol, CA

Director of Massage Therapy & Co-Director of Fitness

El Gancho Fitness, Swim & Racquet Club *• Santa Fe, NM • 1982 – 1984*

Responsible for design, implementation and organizational leadership of Massage therapy program, Co-design and leadership and instruction of Fitness Program, Individualized wellness coaching and design of personal training programs.

Core Staff Manager at Omega Institute

• New Lebanon, NY • Summer 1980

Responsible for collective process meal service, training of work-study team, overseeing my personal staff and constantly changing work-exchange volunteers; In charge of meal service for 200-900 people; Team representative working in coordination with the core Omega Staff.

Collective Member & Co-Manager of The Green Street Café

A Vegetarian Restaurant *• Greenfield, MA • 1979 -1980*

Responsible for collective process facilitation, organizational leadership, menu planning, prep work and customer service and everything else that was needed.

Solar Farming Researcher

"NESFI" New England Small Farm Institute: A Women's Research Collective • *Belchertown, MA • 1979 - 1980*

Responsible for design, implementation and evaluation of a research project on the effectiveness of Solar Pods on the growth of bedding plants, working as a member of a collective team.

Street Peddler / Sales Representative on Main Street in downtown Amherst, MA

Good Things Collective • *Northampton, MA • 1978*

Responsible for gathering product, set-up, sales, accounting and inventory of natural fiber clothing line.

Outdoors Environmental Education Instructor

The Audubon Society • Chickatawbut Hill: Milton, MA • Other Western Massachusetts Sites • Fall 1979

Responsible for designing and leading environmental education / ecology programs for children grades 3-12. We also had all of the 3rd and 6th graders and all the 9th grade science classes within the Metropolitan District Commission come through our innovative experiential program. Environmental Education was a new and leading edge field at the time.

Volunteer • Durfee Conservatory

University of Massachusetts Amherst Campus • *Amherst, MA • Fall/Spring 1977-8*

Assisted in the care of the plant and soils: watering, weeding, repotting, pruning and propagation in the lovely University of Massachusetts' tropical greenhouse.

Greenhouse Co-Manager & Floral Designer

Atkins Farm Greenhouse • *South Amherst, MA • Summer 1978*

Responsible for ordering, care and sales of all plant materials and plant care products; Floral design and sales.

Volunteer • Planned Parenthood

• *Amherst, MA • ~ 1977*

Assisted in medical intakes, took basic vitals such as BP, height and weight, answered initial questions, took notes and helped get patients oriented and settled before a NP or MD arrived.

Math Tutor

Alternative High School • Hampshire College Campus • *South Amherst, MA • Fall 1975*

Responsible for tutoring kids at all math levels in open classroom setting

Architectural Assistant

Donald N. Coupard & Associates A.I.A. • *Rockville, MD • 15 Months • 1974 – 1975*

Responsible for creating displays, setting up for meetings, conferences, and presentations to potential clients, ordering supplies, running errands, running blueprints and sepia prints, testing designs, consulting on color and design questions and anything else needed!

Waitress

Table, Deli Counter & Banquet Service • Ocean City, MD; South Deerfield, MA; Santa Fe, NM • 1973, 1977, 1981

EDUCATION

Extensive Professional Training in The Transformational Arts, Natural Healing & Creativity

NATURAL HEALING & ENERGY WORK TRAINING

- **Holistic Healing** • *Hampshire College • Fall 1979*
- **Botanical Healing**: A Month-long Residential Herbology Immersion Training with William Le Sassier • Misty Mountain Herbs • *New Hampshire • 1979*
- **Herbology Training with Hanna Kroger** • *Santa Fe, NM 1981*
- **Nutrition** • with Shelly Summers • *Santa Fe, NM • 1980 – 1981*
- **Kinesiology:** 2 Week Training • with Stuart Watts • Misty Mountain Herbs • *New Hampshire • 1979*
- **Chinese Medicine:** 2 Week Training • with Stuart Watts • Misty Mountain Herbs • *New Hampshire • 1979*
- **Iridology & Nutrition** • with Bernard Jensen • Omega Institute • *New Hampshire • 1979*
- **Herbology** • countless teachers • *Western MA; Santa Fe, NM; Asheville, NC; Dahlonega, GA 1979 – present*
- **Nutrition, Anatomy & Physiology** • Various Teachers • *1979 - present*
- **Vibrational *Healing*** • *with Lee Cartwright • Santa Fe, NM • 1986*
- **Body Reading** • *with countless bodywork teachers (Connie, Starr Blacker, Van VanHowten,*
- **Face Reading** • with Narayan Singh Khalsa • *Santa Fe, NM • 1989*
- **Raw Foods** • with Ann Wigmore • Omega Institute • *New Lebanon, NY • 1980*
- **Macrobiotics** • with Lino Stanich • Omega Institute • *New Lebanon, NY • 1980*
- **Emergency Medical Training (EMT)** • with Bob Barnes • *Santa Fe, NM • 1982*
- **Midwifery Basics** • with Govindha McRostie • *Santa Fe, NM • 1982*
- **Midwifery** • with Siva Moondance • *Santa Fe, NM • 1982-*
- **Natural Birth Control** • with Siva Moondance • *Santa Fe, NM • 1983*
- **Kinesionics Training** • with Karta Purkh Singh D.C. • *Santa Fe, NM • 1984*
- **Brain Gym** • *Maui, Hawaii • 1985*
- **Educational Kinesiology** • *Maui, Hawaii • 1985*
- **Dowsing** • with Lee Cartwright • *Santa Fe, NM • 1983*
- **Acupuncture Apprenticeship** • with J. Michael Moore • *Santa Fe, NM • 1983 (3 months only / not completed due to first pregnancy and "change of life direction")*

- **Ayurveda Training & Retreat** • with Dr. Vasant Lad, David Frawley, Amadea Morningstar, Gary Kraftsow, "Van" Van Howten, and others • *Hawaii, Hi • 1986*
- **Radionics** • Year long apprenticeship with Daniel • *Maui, Hawaii • 1985 – 1986*
- **Kinesiology** • with Janet Orion D.C. • *Asheville, NC • 2002*
- **Applied Kinesiology** with Govindha McRostie • *Santa Fe, NM • 1981*
- **Advanced Bio-Kinesiology:** Year Long Training • with Shelly Summers • *Santa Fe, NM • 1981 – 1982*
- **Flower Essences** • with Shelly Summers • *Santa Fe, NM • 1981 – 1984*
- **Gem Essences** • (I forget her name) • *Santa Fe, NM • 1982*
- **Aromatherapy** • with Robert Tisserand • *Santa Fe, NM • 1987*
- **Color Healing** • Many instructors.. over the years.
- **Sound Healing** • Many instructors • *1995 – present*
- **Homeopathy** • with various teachers over 4 years • *Santa Fe, NM; Maui, HI,*
- **Crystal Healing** • with Randall Baer, & Frank Alper • *Santa Fe, NM; Los Alamos, NM 1982-5*
- **Soul Genesis Training:** ***A prayer based clearing process working on highly refined levels of the energy body*** • **Levels 1-5** with Venessa Rahlston • *Sedona, AZ & Ashland, OR • 2001 - 2011*
- **Feng Shui Training Module I** • with Roger Green • *Asheville, NC • 2003*
- **Sacred Studies with Peruvian Shaman** • Mallku PhD. • *Peru • 2006*
- **Sacred Geometry Training:**
    - Drunvalo Melchizedek: "Flower of Life" • *Sunshine Valley, Questa, NM • 1988 & 1995*
    - Drunvalo Melchizedek: "Facilitator Training for Flower of Life Workshops" • *Flagstaff, AZ • 1995*
    - Drunvalo Advanced Trainings • *Asheville, NC • Waynesville, NC • 2001-2002*
    - Nassim Haramein • *Flagstaff, AZ • 1995*
    - Randal Carlson • *Asheville, NC • 1996 - 1998*
    - Robert Gilbert many courses, • *Asheville, NC • 1998 – 2002*
    - BioGeometry with Robert Gilbert • *Asheville, NC • 2004*
    - Dan Winter • *Asheville, NC • 1997*
    - Sacred Geometry Conference: Bruce Rawles, Randell Leathem and more • *Boulder, Colorado • 1999* ish
    - James Oschman • *Asheville, NC • 1999 ish*
    - Keith Critchlow • *Asheville, NC • 199?*
    - Robert Powell Senior • *Asheville, NC; Greensboro, NC • 2000*
    - Jonathan Quintin • *Oakland, CA* • 2014
    - Randy Masters • *Oakland, CA* • 2014
    - Ashera Hart • *San Francisco, CA* • 2014
    - And many others!
- **Sound Healing** • 14 hrs. with ISTA (International Sound Therapy Association) • *Atlanta, GA • 2011*
- **Sound Healing Conference** • 4 days with world leaders presenters including: Jeffery Thompson, John Stewart Reid, Don Estes, Steven Halpern, Randy Masters, David Hykes, Jonathan Quintin, Dudley Evanson, Eileen McKusick, Jill Purse and more! *• Oakland, CA • October 2014 & 2015*
- **Solfeggio Tuning Fork Training** • Ashera Hart • Globe Sound Healing Institute • *San Francisco, CA October 2014*

- **Sound Healing: Tuning the Human Biofield** • Eileen McKusick • *Richmond, CA February 2015*
- **The Illuminated Body** • Desda Zuckerman • CoreIndividuation™ • *Sebastopol, CA October 2014, November 2014 & February 2015*
- **Energetic Hygiene** • Desda Zuckerman • CoreIndividuation™ • *Sebastopol, CA March 2015 – Assisted 2016*
- **Medicine Bag Training** • Desda Zuckerman • CoreIndividuation™ • *Sebastopol, CA August 2015 – Medicine Bag Carrier Certification Completed • Assisted several additional classes in 2016 -2017*
- **Space Clearing Training Level I** • Desda Zuckerman • CoreIndividuation™ • *Sebastopol, CA August 2015*
- **Space Holding Training** • Desda Zuckerman • CoreIndividuation™ • *Sebastopol, CA • August 2015*
- **CoreIndividuation™ Practitioner Training Levels 1&2** • Desda Zuckerman • *Sebastopol, CA • July 2016 - January 2017 – CI Practitioner Certification Completed*
- **CoreIndividuation™ Illuminated Body Teacher Training** • Desda Zuckerman • *Novato, CA • Completed 2017*
- **CoreIndividuation™ Dowsing Skills Clinic** • Desda Zuckerman • *Sebastopol, CA • Ongoing 2017*
- **CoreIndividuation™ Sensing Skills Clinic** • Desda Zuckerman • *Sebastopol, CA • 2017*
- **Assistant to Countless CoreIndividuation™ Classes 2015- 2018**
- **Space Clearing Training Level II** • Desda Zuckerman • *Sonoma, CA December 2017*
- **CoreIndividuation™ Practitioner Training Level 3 & 4** • Desda Zuckerman • *Sebastopol, CA • September 2018 – November 2018*
- **CoreIndividuation™ EPA (Clearing Entities, Possessions & Astrals)** • Desda Zuckerman • *Sebastopol, CA • January 2019*
- **Sacred Anatomy Energy Medicine™ Mastery Level Training** • Desda Zuckerman • *Sebastopol, CA • September 2019 – March 2020*
- **Tapping Method** • Nick Orten • 7 Week Online Training *• Winter 2022*
- **Explore the Secrets of Sonic Science and Cymatics: Music Medicine for Radiant Healing** • John Stuart Reid • 7 Week Online Training *• Winter- Spring 2022*
- **Silva Ultramind System** • Vishen Lakhiani • MindValley *• July-September 2022*
- **Superbrain** • Jim Kwik • MindValley *• August-September 2022*

BODYWORK TRAINING

- **Polarity Therapy Trainings** • with Phil Aberman • Omega Institute • Boston Polarity Center • *Hampshire College • 1979*
- **Shiatsu** with Ohashi • Omega Institute • *New Lebanon, NY • 1980*
- **Dr. Jay Victor Scherer's Academy of Massage and Natural Healing** • ***1000 course hours, graduated with 2000 hours which included 1000 extra-curricular hours of trainings*** *• Santa Fe, NM • 1980 - 1981*
    - **Swedish** & **Esalen Style Massage**
    - **Rosen Method Work (Energy Work)**
    - **Reflexology**
    - **Shiatsu**
    - **Trager**
    - **Body Reading**

    - **Spiritual Healing**
    - **Herbology**
    - **Nutrition**
    - **Anatomy and Physiology**
    - **Bio-Kinesiology**
    - **Colon Hydro-therapy**
    - **Special Research Projects: "Stress", and "The Effects of Light on the Human Body"**
    - **Specialty Internship: "Geriatric Massage"** • I worked with a blind, bedridden 102 year old woman for 5 months.
- **Connective Tissue Polarity Therapy** • Donald VanHowten • *Santa Fe, NM • 1981-3* 2000 Hours Training: 1000 hours of Practitioner's Training; 1000 hours Advanced Training
- **Reiki Healing Usui Lineage • Levels I, II, & III** • Dr. Arthur Robertson *• Santa Fe. NM; Las Vegas, NV • 1988*
- **Ortho-Bionomy** • 8 Weeks • with Ursual Hofer • *Santa Fe, NM • 1983*
- **Hakomi Therapy Training** • with Ron Kurtz • *Santa Fe, NM • 1981*
- **Hakomi Therapy Training** • with Jon Eisman *• Santa Fe, NM • 1982*
- **Etheric Surgery Training** • with Kameha • 3 months training • *Pagosa Springs, CO • 1993-4*
- **Watsu Training** • 16 hrs. • *Maui, HI • 1995*
- **Shiatsu:** Ohashi Style • with Michele Gant • *Asheville, NC • 2000*
- **Ethics Classes** • *2003, 2005, 2007, 2008, 2010*
- **Hot Stone Therapy** • *Asheville, NC • 2003*
- **Thai Massage:** Prone & Side positions • with James Peckham • *Albuquerque, NM • 2008*
- **Craniosacral Training** • 21 hrs. with Phyllis Valdez • *Asheville, NC • 2010*

COUNSELING, RELATIONSHIP & LEADERSHIP TRAINING

- **Transactional Analysis and Gestalt Training** • with Natalie Garber • *Amherst, MA, 1977-80*
- **Insight Training with MSIA (Movement for Spiritual Inner Awareness) based in Santa Monica, CA**
    - **Insight Training Level I** • *Amherst, MA • 1980*
    - **Insight Training Level II** • *Santa Monica, CA • 1983*
      A respectful and spiritually-based personal growth training
- **Death and Dying** • with Elizabeth Kubler-Ross • Omega Institute • *New Lebanon, NY • 1980*
- **Neuro-Linguistic Programming, "NLP Training" • All Levels Completed** • with NLP Boulder run by Connie Rae and Steve Andreas featuring John Grinder & Richard Bandler • *Boulder, CO • 1982-4*
    - Practitioner's Level Training
    - Master's Level Training
    - Trainers' Level Training
- **Ericksonian Hypnosis** • with Paul Carter & Steve Gordon • *Winter Park, CO, 1983*
- **Ericksonian Hypnosis** • with Robert Weiss • *Santa Fe, NM*
- **Therapeutic Metaphor** • with Steve Gordon • *Chicago, Ill • 1983*

- **Leadership Training** • with Michael Bookbinder • *Santa Fe, NM • 1984*
- **Neuro-Linguistic Programming, "NLP" Submodalities Training** • with Leslie Cameron Bandler • *Tiburon, CA • 1983*
- **Spiritual Healing** Training Classes with Robert Waterman & Associates
  Founder of Quimby College and Southwestern College of Life Sciences • *Santa Fe, NM • 1981-4*
- **Body Centered Psychotherapy**
  - **Hakomi Therapy Training** • with Ron Kurtz • *Santa Fe, NM • 1981*
  - **Hakomi Therapy Training** • with Jon Eisman • *Santa Fe, NM • 1982*
  - **Processing:** A Year Long Process Training • with Shelley Summers • *Santa Fe, NM • 1983 – 1984*
- **Psychic Training**
  - 2 Year Program • with Anna Krauss • *Santa Fe, NM 1981 – 1983*
  - Year Long Spiritual / Intuitive Development Training • with Psychic Shelley Summers • *Santa Fe, NM • 1983 – 1984*
  - Ongoing training with CoreIndividuation™
  - Medical Intuitive Training • with Sherrie Dillard • *Online • 2020*
- **Flower Essences** • with Shelly Summers • *Santa Fe, NM • 1981 - 1984*
- **Face Reading** • with Narayan Singh Khalsa • *Santa Fe, NM • 1989*
- **Jungian Dream Work Group** • with Sabine Lucas PhD • *Santa Fe, NM • 1982-4*
- **Deepening into the Feminine: A Women's Retreat** • with Bhakta • *Maui, HI • 1985*
- **Resonance Repatterning**: *(Formally known as Holographic Repatterning)*
  Certified Advanced Practitioner • *Fort Collins, CO, Asheville, NC, Toronto, ONT, CANADA • 1994 – 2005*
  - Empowering Yourself with Resonance Repatterning
  - Fundamentals
  - Transforming Primary Patterns
  - Transforming Five Elements and Meridian Patterns
  - Chakra & Meridian Patterns
  - Vision Repatterning
  - Principles of Relationship
  - Energetics of Relationships
  - Healing Family Systems
  - Practitioner Mastery

  This work combines muscle checking, vibrational healing, and transformational counseling allowing a practitioner to determine what pattern is "up" and which healing modality will help make the pivotal shift needed to shift the pattern. I have taken most of these classes more than once.
- **Extensive Training with The Alive Tribe**
  - **Domain Shift** • *CO, NM, NZ, UT • 1988 – 1997*
  - **Emotional Release Work** • *Glenwood Springs, CO • 1988 – 1995*
  - **Bring Your Body Along • The Alive Tribe** • *New Zealand • 1989*
  - **Dream Work • The Alive Tribe** • *Glenwood Springs, CO • 1988 – 199*
  - **Healing Codependency** • *Glenwood Springs, CO • 1988 – 1995*
- **Shamanic Healing Training • Foundation for Shamanic Studies** • with Dana Robinson • *Beaufort, SC • 1998*
- **Conscious Relationship** • Barry and Joyce Vissell • *Maui, Hi • 1986*
- **Healing the Heart** • with Alan Cohen • *Maui, Hi • 1986*

- **Transformational Breathwork Level 1** • Judith Kravitz • *Asheville, NC • 2001*
- **Mediation, Peace & Diversity Training**
    - **Non-Violence Training** • *Wendell, MA • 1979-80*
    - **Consensus Process in Decision Making** • *Amherst MA • 1978*
    - **Mediation Training • The Mediation Center** • *Asheville, NC • 2001*
    - **Conflict Resolution Training • The Mediation Center** • *Asheville, NC • 2001*
    - **Facilitator Training • The Mediation Center** • *Asheville, NC • 2001*
    - **Building Bridges:** An in-depth training dealing with racial issues, honoring diversity of perspectives, fostering deep listening • *Asheville, NC • 2003 & 2009*
    - **Peace Ambassador Training** • 4 month training with James O'Dea and many Peace Leaders • *Virtual Training* • 2012
    - **Non-Violent Communication** • Weekend Workshop with Marshall Rosenberg *• St. Paul, MN • 2006*
    - **See Also: Council Guide Training: Red Lodge, Black Lodge Trainings (under Leadership)**
- **Astrology Training**
    - **Astrology 101** • with Michael • *Amherst Mass • 1979 – 1980;*
    - **Embodied Astrology** • Sanyas Master Astrologer (name?) • *Maui, HI • 1985*
    - **In-Depth Astrology** • with Alan Oken • *Santa Fe, NM • 1990*
    - **Personalized Astro-Drama in a Group** • with Olivia Woodford • *Asheville, NC • 1992*
    - **The Human Design System** • with Zeno & misc other teachers • *Taos, NM; Asheville, NC • 1996 & 1999*
- **Imago Training** • with Helen Andrews • *Waynesville, NC • 2002*
- **The Love Cards** • with Robert Camp • *Asheville, NC • 2004*
- **Numerology: The Sacred Science of Numbers** • various teachers • *1980-2000*
- **The Enneagram Training** • with Sandra Smith • Holy Ground • *Asheville, NC 2000*
- **"The Work" of Byron Katie** • with Byron Katie • *Asheville, NC • 2004*
- **"The Work" of Byron Katie** • An ongoing group facilitated by Gerry Brown • *Asheville, NC • 2004*
- **Sacred Sexuality: Healing the Sacred Masculine & Sacred Feminine** • with Rafia • Alexis Zorba Retreat Center • *Corfu, Greece • 2005 & 2006*
- **Sexuality: The Unspoken Energy** • Pripo Teplitsky • *Asheville, NC • 2008*
- **Life Coaching Training**
    - **Co-Active Coaching:** 5 Core Courses • with "CTI": The Coaches Training Institute • *Minneapolis, MN • 2005-6*
        - Fundamentals
        - Fulfillment
        - Balance
        - Process
        - In The Bones
    - **Assistant to Co-Active Coaching Training Courses** • with The Coaches Training Institute • *Minneapolis, MN • 2006-7*
        - Fundamentals
        - Fulfillment
        - Balance
        - In The Bones

- **Fundamentals of Organization & Relationship Systems Coaching** • with The Coaches Training Institute • *Minneapolis, MN • 2007*
- **Co-Active Coaching Certification Training** • with The Coaches Training Institute
  • *2007 - 2008*
  6 month advanced coaching training: Received CPCC: Certified Professional Co-Active Coach Certification

- **Leadership Training**
  - **The Art of Convening** • 9 Month Online Training with Craig Neal *• 2003*
  - **Leadership Training** • 9 month training with The Coaches Training Institute • *Sebastopol, CA • 2006-7*
  - **Leadership Training Assistant Leader** • 9 month training with The Coaches Training Institute • *Sebastopol, CA • 2007-8*
  - **Interplay Leadership Training** • with Phil Porter & Cinthia Winton-Henry, Ginny & Tom Henderson • *North Carolina • 2000* - 2001 (see also Creativity)
  - **Council Guide Leadership Training: Red Lodge Training** • DanceHammers • *Abiquiu, NM • 2006 - 2008*
    A deep two year training to be a medicine guide, opening the first level of bundles of teachings from the Delicate Lodge, a lineage derived from the Maya people. A way of being that honors the sacred hoop of life and guides right living via medicine teachings.
  - **Advanced Leadership: Black Lodge Training** • Ehama Institute • *Abiquiu, NM • 2008 – 2010*
    An advanced two year consciousness training based on ancient lineage of Mayan teachings in the four Masteries: The Mastery of Awareness, The Mastery of Intention, The Mastery of Dreaming and The Mastery of Transformation
  - **Holistic Leadership Development • Dalar International Consultancy** • with Birgit Williams *• Asheville, NC • 2002 (Also listed below under Business Training)*
  - **Assistant Training** • Lorin Kaufman • CoreIndividuation™ • *Sebastopol, CA, 2016, I co-designed and assisted teaching this training April 2017*
  - **Teacher Training** • Desda Zuckerman • CoreIndividuation™ • *Sebastopol, CA • June 201 7- January 2018*
- **Family Systems Work**
  - **Family Systems Training** • A Weekend Training with Virginia Satir • *~1983*
  - **Family Systems Constellation Intensive Training** • with Southwest Center for Systemic Constellation Work • Krista Jarrard • *Santa Fe, NM • 2007-8*
  - **Participated in Countless Constellations** • with Stephen Victor, Ashland, OR; Krista Jarrard, Santa Fe, NM; Mark Cortland, Taos, NM; Sheila Saunders, Asheville, NC; Matthew Blom, Asheville, NC; Michael Young, Asheville, NC; Peter Devries, Mill Valley, CA; Leslie Nipps, San Rafael, CA; Michelle Masters, Sebastopol, CA *• 2002 – Present*
  - **Internal Family Systems Level 2** • 12 Week Training with Wendy Simone *• Santa Rosa, CA • 2014*
- **Communications Trainings**
  - **Conscious Communication: From the Heart • 8 Month Couple's Training with Linda Carter** • ***Pagosa Springs, CO***

- **Non-Violent Communication** • Weekend Workshop with Marshall Rosenberg *• St. Paul, MN • 2006*
- **Compassionate Communication Level I** • with Jerry Donoghue • A blend of NVC combined with Buddhist orientation • *Asheville, NC • 2009*
- **Compassionate Communication Level II • Inner Empathy** • with Jerry Donoghue • A blend of NVC combined with a Buddhist orientation and Internal Family Systems and Inner Dialog • *Asheville, NC • 2009*
- **The Honesty Salon** • Three 6 Week Series with Susan Campbell PhD *• Sebastopol, CA • 2013-14*
- **Getting Real Classes** • Monthly Evening Programs with Susan Campbell PhD *• Sebastopol, CA • 2014*
- **Heart Circles Experience** • 8 Week Training • Tej Steiner & Greet Heylen *• Summer 2023*
- **Heart Circle Facilitator Training** • 8 Week Training • Tej Steiner & Greet Heylen *• Summer 2023*
- **Ongoing Heart Circle Group** • Co-Facilitated by Members • *Fall 2023 - Present*

- **Agents of Conscious Evolution I** • with Barbara Marx Hubbard • 3 Month Tele-class Training • *2011*
- **Ego to Essence** • with Barbara Marx Hubbard & Patricia Ellsberg • 8 Week Tele-class Training • *2011*
- **Agents of Conscious Evolution II** • with Barbara Marx Hubbard • 3 Month Tele-class Training *• 2011*
- **Emotional Fluency & Emotional Equations** • with Chip Conley • 6 Week Tele-Class • 2012
- **Heart Mastery: HeartMath's Level 1 Training** • with Sheva Carr, Deborah Rozman & Howard Martin • *6 Week Tele-class Training • 2012*
- **PAX International Programs**
  - **Understanding Men, Satisfying Women** with Alison Armstrong *• Los Angeles, CA • 2012*
  - **Understanding Women, Unlocking the Mystery** • with Alison Armstrong • *Los Angeles, CA • 2013*
  - **Celebrating Men & Sex** • with Wendy Newman • *San Francisco, CA • 2013*
  - **Celebrating Women, Regarding Ecstasy and Power (aka "The "Queen Course")** • with Kathryn Jaliman • *San Francisco, CA • 2013*
  - **Celebrating Men & Marriage** • with Susan Jensen • *San Francisco, CA • 2013*
- **The Power of Love** • with Lion Goodman & Carista Lumiere PhD • *7 Week Online Course* • 2014
- **Unconscious Relationship Patterns: Family Systems Constellations** • with Michelle Masters M.A. *• Novato, CA • March 2015*
- **Countless private sessions with coaches, counselors and group processes.**
  Natalie Garber, Shelley Summers, Venessa Rahlston (now Venna Bosma), Sharon Lamb, Isa Lara Marie, Maureen Higgins, to name a few!

MOVEMENT & CONSCIOUSNESS TRAINING

- **Tai Chi Chuan** • with Paul Gallagher • *South Amherst, MA • 1975-1979*
- **Shotokan Karate** • Hampshire College • *South Amherst, MA • 1976*
- **Sacred Animal Forms (The form that preceded the martial arts)** • with Nirtan Lin • Omega Institute *• New Lebanon, NY • 1980*
- **Congolese Dance & Drum** • with Tito Sompa • *Omega Institute • New Lebanon, NY • 1980*
- **Aerobics & Fitness Training** • with Anne Valley Fox • *Santa Fe, NM • 1981-2*
- **Conscious Warrior Training • Martial Arts of Body Mind and Spirit** • with Michael Bookbinder • *Santa Fe, NM • 1983-4*
- **QiGong** • with Fatima • *Santa Fe, NM • 1988*
- **Flow Motion** • *Sedona, AZ • 1990*
- **Personal Trainer Training** • El Gancho Racquet, Fitness Club & Swim Club • *Santa Fe, NM • 1983*
- **Afro-Haitian Dance** • with Elise Witt • *Santa Fe, NM • 1985-90*
- **Afro-Haitian Dance** • with Blanche Brown • *Santa Fe, NM • 1985-90*
- **Sacred Dance: Mudras in Motion** • *Santa Fe, NM • 1981*
- **Gabrielle Roth's 5 Rhythms** • with Melissa Michaels • *Santa Fe, NM • 1989-90*
- **Continuum** • with Emily Daoud Conrad • *Lake Taupo, New Zealand • 1988*
- **Alexander Technique & Feldenkrais** • with Joyce Gayheart • *Asheville, NC • 2001*
- **PlayBack Theater** *(see Creativity Training)*
- **Interplay Leadership Training** *(see Creativity Training)*
- **The Four Movements** • Betsy Wetzig *• Raleigh, NC • 2003*
- **Qigong** • Dr. Larry Cammarata • *Asheville, NC • 2009*
- **Body Mind Centering** • Dayna Brayshaw • Asheville, NC • 2012
- **Stillness and Motion: The Dance of Life (Soul Motion & Meditation)** • Vinn Arjuna Marti & Mark Coleman • Spirit Rock Meditation Center *• Woodacre, CA • December 2013*
- **Nomad Dance** • Wren LaFeet & Antje Martina Schafer • *Sebastopol, CA • 2014*
- **Ongoing Conscious Dance Practice (Soul Motion, 5 Rhythms, Nomad Dance, etc.)**
- **GyroKinesis** • Jen DePalo Peterson • *Gyrotonic Bodhi Online Training • 2019 - Present*
- **Origins** • Vincent Martinez-Grieco • *Online Training • 2022*
- **Yamuna** • with Jacque Benton & others • *In Person & Online • 2017 - Present*
- **Yamuna Weekend Training** • with Yamuna • *Sebastopol, CA • In Person • 2025*
- **Taiko Drumming** • with Matsumi • *Mendocino, CA • In Person • 2025 - Present*

YOGA TRAINING

- **Hatha Yoga** • Hampshire College • *South Amherst, MA • 1975-1979*
- **Iyengar Yoga** in *Santa Fe, NM • 1981-84; Asheville, NC • 2000 - 2003 • Iyengar* International Yoga Conference • *San Francisco, CA • 1984*
- **Vini-Yoga** Training ~ 450 hours • Maui Yoga Therapy • with Gary Kraftsow • *Maui, HI • 1985-8*
- **Vinyasa Yoga** • with Shala Worsley • *Asheville, NC • 2002-3 • 2008 - present*
- **Bikram Yoga** *• Ashland, OR; Asheville, NC • 2007, 2008 – 2009*
- **Yin Yoga Teacher Training** • Asheville Yoga Center (AYC) • with Shala Worsley • *Asheville, NC • 2009*

- **Restorative Yoga Teacher Training** • Asheville Yoga Center (AYC) • with Stephanie Keach • *Asheville, NC • 2010*
- **230 Hour Yoga Teacher Training** • Asheville Yoga Center (AYC) • with Stephanie Keach, Shala Worsley, Joe Taft, Sierra Hollister, et. al. • *Asheville, NC • 2011*
- **Vinyasa Flow 5 Day Teacher** • Asheville Yoga Center • with Stephanie Keach • *Asheville, NC • 2012*
- **Body Mind Centering for Yoga Teachers** • Asheville Yoga Center • with Dayna Brayshaw • *Asheville, NC • 2012*
- **500 Hour Yoga Teacher Training** • Asheville Yoga Center • *Asheville, NC • 2012*
- **Sanskrit / Chanting The Yoga Sutras** • with Kate Holcombe • *Sebastopol, CA • 2012*
- **Sanskrit – 3 hours** • with Ramana • Alive Yoga • *Sebastopol, CA • June 24, 2018*
- **Yoga For Trauma – 6 hours** • with Hannah Carratti MFT E-RYT • *Healdsburg, CA • August 2018*
- **Countless teachers ongoing weekly yoga classes over the years!** *1975 - present!*

CREATIVITY TRAINING

- **Interplay Leadership Training** • with Phil Porter & Cinthia Winton-Henry, Ginny & Tom Henderson • *North Carolina • 2000 - 2001*
- **Secrets Interplay Training: Levels I & II•** with Phil Porter & Cinthia Winton-Henry • *North Carolina • 2000, 2002, 2003*
- **The Painting Experience** • with Stewart Cubley • *Asheville, NC; Hendersonville, NC • 2000, 2001 & 2003*
- **Graphic Design • McDowell Technical Community College** • *NC • Fall Semester 1998*
- **Drawing on the Right Side of the Brain** • *Swannanoa • NC • 1999*
- **The Artist's Way** • Private sessions with James Nave' • *Asheville, NC • 2003 - 2004*
- **Drawing on the Right Side of the Brain** • Paris • *Swannanoa, NC • 2003*
- **Embodied Astrology** • Sanyas Master Astrologer (name?) • *Maui, HI • 1985*
- **Astrology - In Depth** • with Alan Oken • *Santa Fe, NM • 1990*
- **Personalized Astro-Drama** • with Olivia Woodford • *Asheville, NC • 1992*
- **PlayBack Theater Training** • with Yvonne Carleton • *Santa Fe, NM • 1988* • with Raphael Peters & Deb Scott • Francis Batten • Hannah Fox • *Asheville, NC • 1999, 2003, 2012*
- **Creative Living** • with Jan Phillips • *Peaks of Otter Lodge • Bedford, VA • Summer 2002*
- **Interplay Leadership Gatherings** • *Chicago, IL • 2003; Nashville, TN • 2004*
- **Storytelling Training** • *Nashville, TN • 2004*
- **ACE Atlanta Creativity Exchange Conference** • Kennesaw State University • *Kennesaw, GA • 2011*
- **Annual New Year's Soul Collage** • with Jody Snyder • Earth Matters Retreat, Ben Lomand, CA • *2014-2019, 2025-6 and counting!*
- **Writing Workshops** • with Nina Wise – Virtual Trainings
    - The Heart of the Matter • *Virtual Training • 2021*
    - Revealing the Heart • *Virtual Training • 2021*
    - The Tiny Book Course • Alexandra Franzen • *Virtual Training • 2019*
- **Collage & Geli Printing** • with Carrie Vidal • Mendocino, CA • April 2024- Ongoing
- **Poetry as a Pathway Home** • Zo Abel • Ft. Bragg, CA • *2024 - Ongoing*

- **Textile Arts Classes: Visible Mending, Traveling Altars, Valentines Making, Upcycled Clothing** • with Carrie Vidal, Vanessa, Karin Lamb • Pacific Textile Arts • Fort Bragg, CA • Fall 2025- Ongoing
- **Arts Classes @** Flockworks • Fort Bragg, CA • 2026- Ongoing
    - Linocut Printing I & 2
    - Ikebana (ongoing)
    - Playing with Color
    - Painting with Paper with Sandy Oppenheimer
    - and more!

SPIRITUALITY & CONSCIOUSNESS TRAINING *(in addition to the <u>many</u> listings above)*

- **Time with Spiritual Teachers**
    - Pir Vilayat Khan
    - Swami Satchidananda
    - "Bartholomew"
    - Swami Chidvilasanada (Gurumayi)
    - "Amma"
    - The Dalai Lama
    - Lama Rinchen
    - Adyashanti
    - Gangaji
    - Byron Katie
    - WindEagle & RainbowHawk
    - WhiteEagle Woman
    - Sat Shree
    - Miranda Macpherson
    - Peter Russell
    - Desda Zuckerman
    - Dustin DiPerna
    - *and many others*
- **Weekend with Paul Lowe** • *Aspen, CO • 1994*
- **Zen Meditation** • with RainbowHawk • *Abiquiu, NM • 2008*
- **Dorothy McLean Workshop** • *Asheville, NC 2000 +/-*
- **Findhorn Attunement Process** • with ? • *Pagosa Springs, CO • 1995*
- **David Spangler Workshop** *I forget where this was held!*
- **ETEM** Extensive and Intensive Spiritual Training over the course of 3 years *• Sedona, AZ • 1989-91*
- **The Work of Samuel Sagan** • with his top teachers • *Weaverville, NC • 2000*
- **Tantra / Mantra** • with Deva Premal, Miten and Rafia • *Corfu, Greece • 2012 & 2013*
- **Living a Fulfilled Life** with Gangaji • *8 Week Virtual Tele-class Training* • 2012
- **Accessing Higher Guidance** • with Tim Kelley *• 3 Month Virtual Tele-class Training • 2013*
- **Creating from a State of Flow** • with Gabriel Nossovitch *• 7 Week Virtual Tele-class Training • 2014*
- **Creating from Higher Guidance** • with Tim Kelley *• 9 Month Virtual Tele-class Training • 2013-14*

- **Heart Circle Experience** • with Tej Steiner • *Online 8-Week Training • Summer 2023*
- **Buddhist Empowerments & Blessings**
  Chenrezig • Sebastopol, CA
  Medicine Buddha with Venerable Lama Rinchen Phuntsok • NC
  White Tara • Asheville, NC
- **See many of the trainings listed above (including but not limited to):**
  Processing with Shelley Summers
  Drunvalo Melchizeldek's Trainings
  The Work by Byron Katie
  The Council Guide Training
  Black Lodge Training
  Stillness in Motion
  ... and many more!

BUSINESS TRAINING

- **Time Management Systems** • *Amherst, MA • 1979*
- **Small Business Training • Mountain Micro-Enterprises Fund** • *Asheville, NC • 9 Month Training • 1999 - 2000*
  A comprehensive community incubator program that walks individuals through the entire process of creating a business from concept to manifestation with ongoing coaching services with membership
- **Holistic Leadership Development • Dalar International Consultancy** • with Birgit Williams • *Asheville, NC • 2002*
- **Life Experience: creating and running all levels of my own businesses since 1979**
- **The Tao of Marketing** • with Andrea Adler • *Asheville, NC • 2009*
- **Make Your Success Easy** • with Pamela Bruner • *Asheville, NC • 2009*
- **Give Your Gift to the Worldwide Shift** • Lisa Sasevich, Lisa Cherney, Michelle PW, George Kao • Virtual Training • *12 weeks • 2012*
- **Successful Dreamer** • with Marcia Weider • Virtual Training • 6 weeks • 2012
- **Mastermind Trainings** • with Mary O'Conner • 2012-13 & Assisted her 2013-14
- **Various Business Seminars** • with Mary O'Conner • 2012 – 14
- **Voice Your Value** • with Ariana Lise Newcomer • 2014
- **Purposeful Marketing** • with Tim Kelley • 2014
- **The Bigger Game** • with Rick Tamlyn • *San Rafael, CA • 2013*
- **The Website Creation Workshop** • with Christina Hills • Virtual Training • 2018-2019
- **Business Coaching** • with various business and life coaches • *1999 – Present*
  Rick Tamlyn, Carolyn Hall, Pamela Bruner, Birgit Williams, Andrea Adler
- **The Bigger Game Live** • with Rick Tamlyn and other coaching and business experts • *St. Paul, MN, June 2018*
- **Cash Flow Mastery** • with Monica Shah • *July – September 2018*
- **Revenue Breakthrough Intensive** • with Monica Shah • *Brooklyn, NY • November 2018 / Spring 2019*
- **RISE Business Academy** • with Monica Shah • *Virtual & In Person Intensive Training • July 2018 through August 2019*
- **Planning Mastery** • with Monica Shah • *Virtual Training • February 2018*
- **Speaking Master Class** • with Monica Shah • *Brooklyn, NY • February 2018 & 2019*
- **Master Your Money** • with Monica Shah • *Atlanta, GA • May 2019*

- **Mastery - RISE Business Academy** • with Monica Shah • *Virtual & In Person Intensive Training • August 2019 through September 2020*
- **The Flow Method** • with Monica Shah • *Online • 2021*
- **The Tapping Solution for Financial Success & Personal Fulfillment** • with Nick Ortner • *Virtual 7 Week Training • December 2021 through February 2022*
- **Master Your Money** • with Monica Shah • *Online Training • May 2022*
- **Mastery - RISE Business Academy** • with Monica Shah • *Virtual & In Person Intensive Training • May 2022 through May 2023*
- **Get More Clients Intensive** • with Monica Shah • *Online • September 2022*
- **The Big Comeback** • with Monica Shah • *Online • December 2022*
- **Annual Planning** • with Monica Shah • *Online • December 2022*
- **Conscious Marketing** *• Sounds True • Online • November - December 2022*
- **Money Flow Experience** • with Monica Shah • *Online • March 2023*
- **Surface Your Methodology** • with Kelly Diels • *Online • Fall 2023*
- **Social Media for Culture Makers** • with Kelly Diels • *Online • Spring 2023*
- **Narrative Influence** • Cohort 1 • with Michael Margolis *• A 5-week Online Training • Summer 2022*
- **Narrative Influence** • Cohort 2 • with Michael Margolis *• A 5-week Online Training • Fall 2023*
- **Narrative Change** • with Michael Margolis *• An Online Training • Fall 2024*

ECOLOGICAL / ENVIRONMENTAL TRAINING

- **Bachelor of Arts Degree: Ecology & Environmental Education • Hampshire College** • South Amherst, MA • 1975 – 1979 Includes the then new field of "Environmental Biology", Environmental Education as well as Ecological Systems.
- **Woods Hole Ecology Program** • Month-long Intensive Training • with the worlds' foremost experts in each nutrient cycle and the MBL Staff • The Marine Biological Laboratory • *Woods Hole, MA • January 1977*
- Countless courses in Right Livelihood, Conscious & Whole Living, Composting, Organic Gardening, Companion Planting, French Intensive Biodynamic Farming, etc.
- **Simpler Living** • with Sandra Smith • Holy Ground • *Asheville, NC 2000*
- **Tracking and Stalking** • Medicine Bow • with Mark Warren • *Dahlonega, GA • 2011*
- **Tree Identification & Uses** Medicine Bow • with Mark Warren • *Dahlonega, GA • 2011*
- **Ecology and Consciousness** • with Thomas Berry • Warren Wilson College • *Swannanoah, NC • 2000 ish*
- **Firefly Gathering** • with various teachers • *Swannanoah, NC • 2009 ish*

COLLEGE EDUCATION

- **Bachelor of Arts Degree: Ecology & Environmental Education** • Hampshire College • South Amherst, MA • 1975 – 1979
- **Additional College Classes**: **Mount Holyoke College**, Holyoke, MA • **University of Massachusetts**, Amherst, MA • **University of California at Santa Cruz**, Santa Cruz, CA; **Quimby College**, Almogordo, NM

ADDITIONAL SKILLS, VOLUNTEER WORK & COMMUNITY

Visibility Team Leader for IndivisibleMendocino; Organizational and Production Skills; People Skills; Computer Literate; Above Average Graphic Layout & Design Skills (InDesign); Extensive experience working with CMS: uploading content to websites from the "back-end", I use Word and WordPress fairly proficiently; I have experience with Excel; Event development and production; Speak Spanish fairly well, though not fluently; I enjoy learning and learn new things fairly quickly! Founder and Organizer of the Whole Living Directory and the Whole Living Expo; Presenter & Organizer of Women's Leadership Group: "W.I.L.L."; Founder, Leader & Mentor for "WOA" Women of ARTech: a Young Women's Group; Leader of "A Women's Circle"; Participant of Building Bridges and Co-Organizer of Unity in Diversity, two diversity programs in Asheville, NC.

LICENSING & CERTIFICATIONS

Certified Sacred Anatomy Energy Medicine Practitioner (formerly known as CoreIndividuation™), Certified Instructor of Sacred Anatomy Energy Medicine first level class: "The Edge Practice", Certified Medicine Bag Carrier, Ordained Minister Universal Life Church since 1980, Certified Co-Active Life Coach C.P.C.C.; Certified Massage Therapist CMT #35898 in California, North Carolina Licensed Bodywork & Massage Therapist LBMT #1036; CPR Red Cross; Certified Advanced Resonance Repatterning Practitioner; Certified InterPlay Leader; Certified Connective Tissue Polarity Practitioner, Registered Yoga Teacher RYT 500 / E-RYT200; ACE Graduate; Peace Ambassador; many other healing arts & yoga teacher certifications.

MEMBERSHIPS & AFFILIATIONS

Member & Registered Yoga Instructor with Yoga Alliance; Member & Instructor of ISTA: International Sound Therapy Association; Member of the Asheville Movement Collective; The Humane Society; Amnesty International, MoveOn.org; Food and Water Watch; Greenpeace; Avaaz; EarthJustice; Member of Women's Traditional Skills Group; Food Co-op member whenever an option; And more!

CORE VALUES

Service, Love, Truth, Beauty, Community, Synergy, Movement, Authenticity, Clear Communication, Creativity, Consciousness, Devotion, Conscious Nurturing Touch, Light Humor, Awe, Wonder & Delight!

PERSONAL

Healthy, Happily Married, Mom of Five Grown Sons (Two bio sons and three step-sons) Delighted "Mimi" of three precious grandchildren. Engaged in Both Local & Global Activities, Enjoy the Outdoors, My Amazing Friends & Beloved Furry Loved Ones, Movement & Travel

REFERENCES & FURTHER INFORMATION AVAILABLE UPON REQUEST