

A Plethora of teachers and experiences over the last twenty years.

The Teachers:

Al Fuentes is a *world-class Mental Coach* ;achieve peak brain performance through breathwork and visualization. Change your mind, change your life.

Rachel Vespucci (Energy Healing; group sound healing, tuning forks)

Sam Tso: *medicine man (I do not believe he practices anymore tho)*

Tao Ceremony a ritual within the religious tradition of Taoism (Daoism), one of China's oldest spiritual traditions with a Taoist Priest

Kai Shanti Bower: Shaktipat is the dynamic energy that animates the universe and is often personified as the Goddess in forms such as Parvati, Durga, or Kali. (Hindu)

Valeria Tignini & Abdy Electriciteh *an ancient, indescribable gift* which allows people to attune to the vibration they need to receive for themselves. The result is to be harmonized with oneself and Gaia.

Lisa Powers/Christian Jones REIKI & Quantum Healing

Becky Mosier (BexWellness- WHOLE-SELF HEALING - PHSYICAL. SPIRITUAL. EMOTIONAL

Jonathan Johnson- Holotropic Breathwork