



Saturday, Nov 4, 2023  
Kimberley Conference  
Centre

## Meet the Facilitators:



**Michele Rose**

### **Ayurveda and the Five Elements**

Michele is an Ayurveda Health Counsellor whose passion is health education, and the empowerment that comes from understanding the body's messages. Michele utilizes knowledge and experience from 15+ years of nursing, Ayurveda, Reiki, and Yoga to customize a path to well-being and balance for her clients. Living in congruence with our authentic nature, observing health patterns, breaking out of symptom management cycles, and aging gracefully is the ultimate goal at dusty rose lifestyle.

Michele grew up in a remote northern community and was fortunate to have a close connection to nature from a young age. She has always enjoyed travel and loves learning and incorporating health and wellness practices from around the world. Michele currently resides near Golden, British Columbia and operates virtually with clients from all backgrounds. To learn more head to [www.dustyroaselifestyle.com](http://www.dustyroaselifestyle.com) or follow her on social media [@dusty.rose.lifestyle](https://www.instagram.com/dusty.rose.lifestyle)

Contact Details: [@dusty.rose.lifestyle](https://www.instagram.com/dusty.rose.lifestyle) [dusty.rose.lifestyle@gmail.com](mailto:dusty.rose.lifestyle@gmail.com) [www.dustyroaselifestyle.com](http://www.dustyroaselifestyle.com)





### **Nicole Pemberton of the Goddess Moves**

Nicole is a Womb Priestess, Alchemical Movement/Ritual facilitator, mentor, writer, speaker, entrepreneur, educator and Sacred Activist. Her lineage comes from the islands of Antigua/Barbuda, St. Kitts and Nevis, and the countries of England and Canada.

For over 25 years Nicole has dedicated her life to the arts, wellness, and empowerment. Nicole has studied in Health and embodiment coaching, Womb Wellness, Spirituality, Divine feminine and Goddess arts, Intuitive channeling, somatic movement, energy modalities (Reiki, Crystal therapy). She has performed nationally in Canada and Internationally in places such as New York and Trinidad and Tobago; continues to hold space and has currently facilitated movement experiences with over 100,000 + humans.

Nicole holds a degree/BA in dance, choreography, and performance. She is a Temple Body Arts Artist/Mentor/Priestess, Reiki/Crystal/Womb Wellness practitioner, Embodiment coach.

Through her own journey with the removal of 10 massive fibroids; began a path of developing practices and systems that support womxn in finding liberation through their wombs. Nicole stands for the disruption of the systems that try to disempower the connection to the most intimate part of our bodies that has been built on the foundation of racism and trauma! Through this deep initiation Nicole has birthed The Goddess Moves, a sacred space for womxn and womb Carriers who say YES to Embodied Multifaceted Self Mastery.

This is a revolution that brings transformation from the womb to owning one's rooted power, clarity in the voice, juicy pleasure, and magnetic embodiment.  
Devoted to ushering in a new Liberation!

This is Nicole's 3rd time facilitating at Abundance Holistic Health & Yoga Fair.

### **Workshop experience: Succulent Soul Seduction**

An awakening powerful experience to realign all parts of your soul! You are being called to lift the veil, remove the mask, and shine your bright light. Come into your liberates path of empowered mastery. This embodied workshop experience will included Akashic soul channeling, breath work, heart opening activation, womb clearing, sacred rage activation, release energy healing, juicy body love, alchemical movement, sound vibrations, and full body activation.

This experience is designed for you to remember who are truly are, release/rebirth, and Ignite your soul!

You will need:

- wear comfortable clothing to move in
- journal and pen
- water
- banadana or scarf - You! Your devotional presence



### **Cassia Parent of Dyad Movement**

Cassia is a mama, wife, auntie, traditional postpartum caregiver, hearth holder, perinatal yoga, dance and movement guide and song & story weaver. Flow, breath and the pranic/somatic/physiologic movement of the moving body have been the guide posts of Cassia's personal dive into healing and living. Birth and motherhood have infused her with the embodied reality that our female forms in movement and relationship are powerhouses of life force energy. Dyad Movement is Cassia's collation of these gifts of movement, ceremony and community, with offerings for new mothers, relationships and families walking into the unknown territory of these rites of passage. Dyad Movement is the way we move into deeper intimacy with ourselves, our partners and our babies through ritual, reverence, rhythm and remembrance.

#### **Session description:**

One hour Embodied Free Movement Class for ALL bodies! Allowing ourselves to move freely from an inner felt sense and the intelligent voice of our own cells is something that we almost never do! Weaving together an hour of movement that follows a crescendo pattern for feeling breath, flesh, bone and the space around your body - come and dance, roll, skip, lay, play and prance (or whatever your body desires!)

Find Cassia at [@dyadmovement](https://www.instagram.com/dyadmovement)



### **Alicia Larrey Qi Gong Session**

Alicia is certified as a traditional Qi Gong instructor, in the Soma Dao System, currently furthering her studies with mentor Dr. Michael Smith, while facilitating practices and events.

Alicia had a strong foundation in mostly external martial arts with a passion for 'forms', when 5 years ago rekindled a relationship with Tai Chi Chuan, starting a deeper journey in the internal arts, falling in love with Qi Gong.

Now feeling called to share this beautiful ancient practice, this art of connecting.





**Cristina Borgogelli**  
**heART Sanctuary Therapeutic Art Session**

Cristina will be facilitating a Creative heARTs Circle Session. This is a therapeutic art creation session connecting the participant to their body via the heart path through guided visualization followed by expression through art & craft. This focuses on the process and not the technique. No art experience required.

Cristina will guide participants on a profound inner journey through their heart space and then guests will create a physical representation of this inner temple she calls the sacred heart sanctuary.

This is a safe way to nourish and nurture yourself by tapping into your inner landscape and then creating/crafting an art piece for your altar using colour and form which will represent your inner temple. Through play, curiosity & imagination guests will create a beautiful piece that expresses their relationship to self.

Cristina is a therapeutic art coach/guide and the creator of heART Circle gatherings and is also the founder of the Abundance Holistic Health & Yoga Fair.

For small group heART Circle session inquiries you can message Cristina at [abundancefair@gmail.com](mailto:abundancefair@gmail.com) and follow her heART work adventures [@cristinaborgogelli](https://www.instagram.com/cristinaborgogelli) on instagram



**Tonya Don**  
**Sacred Sexuality Workshop**

Culturally, our biological impulses are shamed, and we are taught to value others' needs before our own. My passion is guiding others into discovering and living their true and authentic expression. Exploring the wisdom of Tantra has been an integral part of my growth. I feel the power of my breath, the release in my sounding, and the energy in my body as I move.

The intention of my work is to bridge the gap between the masculine and feminine. I desire to restore humans' innate capacity to feel pleasure in every cell of their body and their ability to harness this energy. Through somatic embodiment practices, meditations, and breathwork, I assist clients in understanding their conditioning and to integrate direct or indirect trauma. These processes can facilitate a lighter and more energetic self to emerge. I believe that when the relationship to self is rooted in love and compassion, we will attract the life that we are craving.

Wholistic Sex & Relationship Coach  
[www.nakedheartcoaching.ca](http://www.nakedheartcoaching.ca)



**Emma Gourlie**  
**Soma & Soul**

Meet Emma, a Creator, Space Holder, Energy Facilitator and Embodied Movement teacher who primarily works with women seeking to find their way back home to their bodies, bring harmony to the nervous system and find belonging through movement, ritual and community.

Emma loves weaving Mysticism and Astrology into her offerings along with the energy of the Moon. She believes that there is so much wisdom to be gained by awakening to the phases of the natural world around us via the elements, zodiac, seasons and the lunar cycle.

Whether it's through a movement class, sound journey, private session or Women's Circle, Emma is here to hold space and witness you. Emma will meet you where you are at and support you as your journey unfolds.

**WORK SHOP INFO: Into the Heart: Soulflow Embodied Movement**

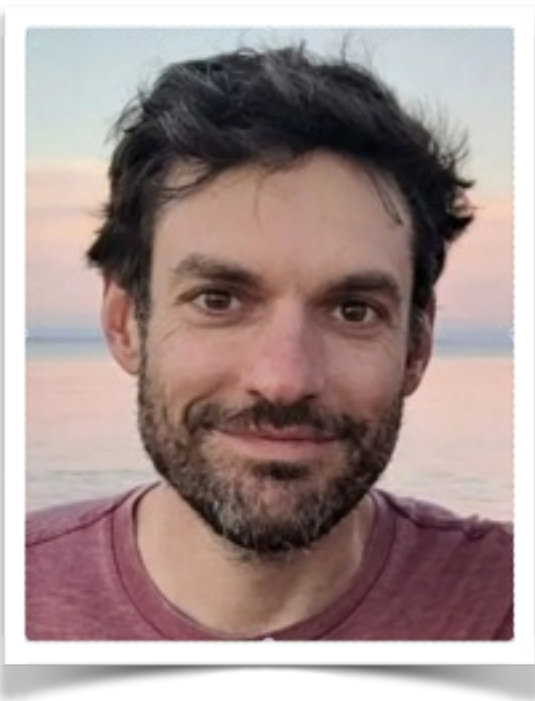
Connect to your heart, release stagnant energy and open to joy through SOULFLOW EMBODIED MOVEMENT. Soulflow is a gently facilitated movement practice and includes somatic exercises to move energy from the body and help cultivate self-love, self-expression and community connection. It is an opportunity to listen to your body and move as much or as little as you want. Soulflow works on four phases that consist of: dropping in, release, opening and integration



**Woody McGuire**  
**Introduction to Men's Work, Men's Circle with co-facilitator Kyle Bennett**

This is a guided session where men will have the opportunity to connect with one another on important issues and goals within their lives. The circle offers the opportunity to connect, hold each other accountable, explore our deepest issues and honour each other's greatest gifts.

Woody McGuire is a lifelong yoga practitioner and has been participating in men's work for about six years. He currently participates in two local men's groups and is keen to share the transformative power that men's work can have on people's lives.



**Kyle Bennett, MSW**

**Intro to Men's Work, Men's Circle with co-facilitator Woody McGuire**

Kyle offers his professionally certified services as a mental health counsellor/coach to individuals, couples, and families in the Kimberley/Cranbrook region. His wholistic approach addresses the person in their environment at the biological, psychological, social, and spiritual levels. Kyle grew up homeschooled on an ostrich farm playing hockey and piano. His passion for music led him to a Bachelors at McGill University and a Master of Music Degree from Johns Hopkins University. He is also a backpacking Instructor for Outward Bound Canada. He specializes in working with youth, men, addictions, mental health, and diversabilities. Kyle is passionate about supporting youth, men, couples, and exploring counselling in outdoor environments. [www.walkswithkyle.ca](http://www.walkswithkyle.ca)



**Leanne Davis**

**Homecoming: Yoga Workshop**

"Leanne's love for yoga happened at the age of 22, where she began to explore beyond just the practice of asana, and started to immerse herself in the history, philosophy, breathwork and meditation. It wasn't until then that she started to gain a deeper understanding and appreciation for how transformational this practice could be. To Leanne, yoga is a place where extreme growth and healing can begin to happen. It is a journey that can help you connect & nurture the relationship you have with yourself and the world around you. Yoga and meditation are both powerful tools to help us gain self realization and self reflection. Giving you greater insight into who you truly are, what you desire, what inspires you, and help you live your life in the most authentic way, staying connected to who you truly are.

Today, Leanne has had the privilege of completing well over 500hrs of training with a number of teachers from around the world, and has been sharing this practice with her community for over 10 years.

Her teaching style has an emphasis on mindful alignment and connection to breath, while moving you through a loving mix of strength and fluidity on the mat. With her natural tendency to nurture, she is dedicated to holding a safe and comforting space for her students to evolve physically, emotionally and spiritually as you delve deeper into your practice."

With gratitude,  
Leanne Davis

Yoga Instructor - 500 RYT [www.drift-yoga.com](http://www.drift-yoga.com) (647)929-0449 @driftyoga





**Lee Reidl**  
**Sound Healing & Breath Testing Session**

I am a Sound Therapy and Puo' shk i'a ni Tameana practitioner living on the Eastshore of Kootenay Lake. I am a student of Acutonics® and work with Acutonics Planetary frequencies through tuning forks and hand chimes. I also weave Tibetan singing bowls, crystals, and traditional Wisdom practices into treatments. Sound Therapy and Acutonics are a very relaxing experience. This work is effective in initiating and fortifying a desired shift in one's life. Sound therapy is a complementary practice. It works with other modalities and personal practices to enhance the benefits of everything else.

For me, this work is deeply joyful and holds both aspects of remembering and emergence. As the vibration from the sound tools travels through the water in our bodies, emotions, thought patterns, and physical impediments are accessed non-invasively. Places in the deepest parts of our being can soften, open, and utilize the frequency to transform inner resistance into receptivity. When we are relaxed and receptive it is easier for our own innate wisdom to direct us toward healing. This is when we can integrate wounds, misalignments, and patterns that have inhibited us from living fully and freely.

As a Tameana practitioner, I use the frequency of crystals and the power of symbols to activate geometry to transmute and transcend blockages in the energy fields. This practice aligns all layers of Self - physical, mental, emotional, and spiritual - across timelines and dimensions. Tameana is ancestral Galactic knowledge that has returned to our collective consciousness. It is very supportive for navigating the human and planetary evolution happening at this time. We are taking a big step into the expression 'Being Made of Stardust.' That stardust is waking up inside of our cells and expanding our consciousness.

Everything vibrates and thereby has a frequency. When our personal frequency experiences resonance in a Sound or Tameana session, our inner capacity to re-member and relax is encouraged. Relaxation is foundational to increasing inner peace, harmony, and coherency. This is another way to speak of healing. This is the movement of opening to Life. We are all remembering ourselves back to the Love that we are.

I work with groups and individuals in public and private spaces throughout the region.

At the Abundance Fair I will be workshopping the practice of Breath Testing and facilitating a Meditative Sound Journey. Breath testing is one of many forms of 'muscle testing' which is essentially choosing to engage with wisdom residing in a place outside of the 'Ego/Thinking Mind'. The experience of a Sound Journey is oriented towards relaxation and integration.

I look forward to meeting you.



**Julie Ann (Julie) Waldock**  
**Tapping into Happiness Session**

Julie is, as she coins it, a “Happy regardless” Coach; who, for over 15 years, has been specializing in working with clients who are at crisis points in their life. Her individual and group programs teach instant and lasting resilience techniques for coping with this life, no matter what it throws at you. She strives to help clients overcome any obstacle in their way.

Julie’s mission is to help as many people as possible find happiness and learn to put their happiness first.

Techniques and training  
Resilience and Mindset Coach  
EFT (Emotional Freedom Technique) Practitioner  
Emotion Code practitioner  
Psych K practitioner  
Reiki Master  
NLP Master Coach.  
[www.julieannwaldock.com](http://www.julieannwaldock.com)

<https://www.facebook.com/julieannwaldockcoaching/>

@julieannwaldockcoaching



**Florence Gerin-Beaulac**  
**Grow Your Self Confidence & Succeed Using Your Intuition**

Florence is a devotee of the sacred feminine. Throughout her entire life, she's been in close contact with the unseen world. Interacting exclusively by intuition in her first years, she was trained as a Reiki Usui Shiki Ryoho practitioner, an Atlantis medicine worker and an ICU teacher later on. The inspiration behind Vibrational Flow comes from her love for nature and the Universe. If nature is still offering us a home after all that we've done to her, she must trust that we have more to offer in return. Florence believes a better world will come from healing our body-mind-soul, sharing sacred connections and expanding our consciousness. Her goal is to weave the unseen world with the material reality that we are familiar with to bring us towards a peaceful and purposeful way of living.

This workshop is about offering you tools to embody your divine essence in every moment. Basically, your divine essence is the same thing as your spirit, your inner light, your higher self and this inner knowing is aware of the best version of yourself. Those guidance are always available to each one of us and it's through the third eye that we can get clear messages on this subject. This chakra represents the level of feelings within the world of our spirit; it holds our divine love and is experienced as spiritual love, elevation, as joy and bliss. In this short template, we will be connecting through effective visualization with nature and learning to send our inner light to see through a blindfold.

[www.vibrationalflow.ca](http://www.vibrationalflow.ca) Google page: <https://g.co/kgs/zVPhm>





**Sasha Bahador**  
**Soul Integration - A shamanic Journey & Nidra**

This session offers you the space to integrate, attune and rest deeply. Join Sasha for this sacred journey in communion with your own heart and soul, through a guided Shamanic journey and restful Nidra. Lay down and allow the wisdom of this guidance into your being, as the Nidra relaxes your brainwaves and calms your mind.

Sasha's teachings pour out of a poetry soaked heart & an old soul. Her offerings are a unique braiding of Science & Soul. With a degree in Kinesiology, and the equivalent of one in Yoga & Shamanic medicine. She launched her career in a clinical setting as a kinesiologist, then worked for 10 years as a trainer & athletic coach until the wisdom of Yoga intersected her path. For the past 15 years, she has guided practitioners in Yoga & somatic movement, facilitated 200 + 300 hour Yoga teacher trainings and led international retreats. 5 years ago she went on a week long vision quest with a Shamanic teacher and found herself at home within teachings of that path. She is now a certified Shamanic practitioner and offers both private sessions and group ceremonies. You can find Sasha at her new studio Kula Yoga and Sacred Space in Kimberley BC.

[www.thekula.ca](http://www.thekula.ca) @sacredkula



**Nathan Taron**  
**Awakening Sound Bath Session & Activating Yoga Session with Sharon Coombs**

Nathan of Cocoon Sound Healing will be bringing sound healing to Abundance Fair's opening group session at 8:50am in combination with yoga. A magical mix to awaken and invigorate you for the rest of the days' offerings. He will use a variety of crystal & metal bowls, tuning forks, chimes and ocean drums to attune you and harmonize your body and spirit to calibrate you to a day of receiving and wellbeing.

This is Nathan's 2nd time facilitating at Abundance Fair.

You can learn more about Nathan's soundscape collaborations and healing services at

Cacoon Sound Healing on Facebook or by emailing him at [cacoonsoundhealing@gmail.com](mailto:cacoonsoundhealing@gmail.com)

**SPONSOR SPOTLIGHT:**



Sign up today for your 2 week free trial from Focused Life-Force Energy who are generously sponsoring Abundance Fair 2023. Check out their amazing service of raising consciousness levels and EMF mitigation services at [flfe.net](http://flfe.net). No credit card required.

**Plus experience:**

Raising Consciousness with **Focused Life-Force Energy**

Awakening Sound Bath and Activating Yoga with **Sharon Coombs & Nate Taron**

Group Mediumship Reading with **Jody Lutzke of Medium Connections**

Overcoming limiting Beliefs with **Carly Eldred**

Introduction to your Superpowers with **Sharon Coombs**

The Art of Breath Connection with **Barbara Ann Hunter**

Cultivating an Empowered Relationship to Money with **Karen McAllister**

Classic Yoga for Everyone with Plum from **Plum the Depths Yoga**

Hold onto Your Heart Project Podcast with **Jacquie King & James Farnan**

**& Celebratory Closing Community Dance Circle Session**

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**November 4, 2023**

**Kimberley, BC**