

Maryya  
Flurnoy

Author  
Speaker  
Consultant



Media Kit / Bio

## Passion

Marya Flurnoy is a catalyst for personal and professional growth, driven by a deep desire to uplift, inspire, and encourage individuals on their transformative journeys. Recognizing that our lives are shaped by the illusions created by our core beliefs, Marya strives to expand our perspectives and open ourselves to new possibilities.

In her spoken words, whether in one-on-one conversations or captivating audiences at events, Marya creates a safe and empowering space for personal transformation. Through her insightful words and thought-provoking ideas, she challenges individuals to question their existing paradigms and embrace the potential for change. Drawing upon the principles of Quantum Energy Movement, Marya unlocks the innate passion that resides within each person. By tapping into the boundless energy of the universe, she ignites a profound sense of purpose and empowers individuals to embrace their authentic selves. Through this process, Marya facilitates deep internal shifts, enabling individuals to transcend the confines of mere survival and thrive in their lives.

Marya's philosophy centers around the notion that transformation can be effortless if we allow it. Individuals can embark on a path of personal growth and self-expression by cultivating an openness to new possibilities and accepting that change can be a natural and smooth process.

With her dedication to guiding others toward their highest potential, Marya Flurnoy leads individuals and professionals toward a life of authenticity, fulfillment, and profound personal transformation.



"We are all living life in the illusion of what we believe—our core beliefs. We are either thriving or surviving.

The key to being an expressive authentic being is in being open that there could be other possibilities and to accept that transformation can be easy when we allow it."

## Inspire

Marya Flurnoy is an advocate for personal and spiritual growth, recognizing that we are constantly evolving toward our highest potential. From an early age, she experienced a profound connection to creative energy, embarking on a spiritual journey that awakened her senses to the subtle vibrations of shapes, colors, and frequencies. Founding her own interior design firm, she passionately designed and transformed thousands of homes and commercial properties, fostering a culture of mentorship and empowering her employees and designers to exceed their own expectations. Embracing the concept of being open to infinite possibilities, Marya expanded her expertise to encompass Feng Shui consulting, launched a consulting and marketing corporation, and shares her knowledge and wisdom through her books and classes, empowering individuals to tap into their innate strengths and transform their lives.

### **Education and Studies**

Interior Design - St. Petersburg College  
Feng Shui - Black Hat - Master Lin Yun  
NLP and Processology - James Tolchard  
Science of Mind - Ministerial Training

### **Certifications**

Yuen Method  
Theta Healing

### **Certifications Offered by Marya**

Home Enhancing - *A Study in Home Interiors, Feng Shui, and Staging*  
SMART Start Abundance  
Energy Processing  
The Heart of Art

### **Professional Affiliations and Organizations**

Board Member/Events/Network for Success  
- Bluffs Business Association  
Co-founder/President - WE (Women Empower)  
Former Board Member - Central Park Performing Arts Foundation  
Sunny Ray Project - Co-founder  
Leadership Team/Minister - Unity of Gulfport





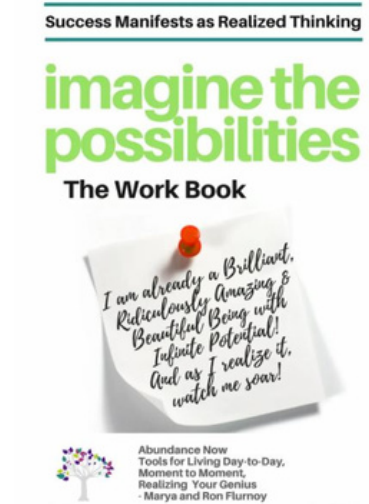
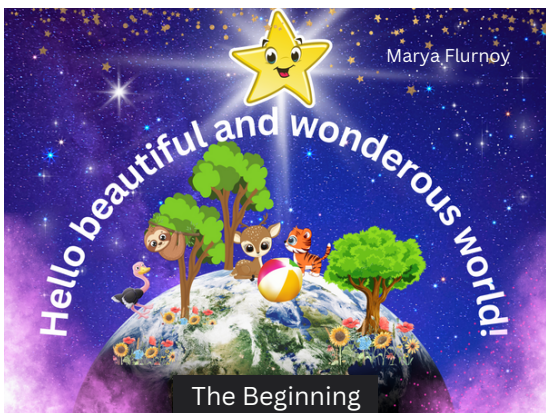
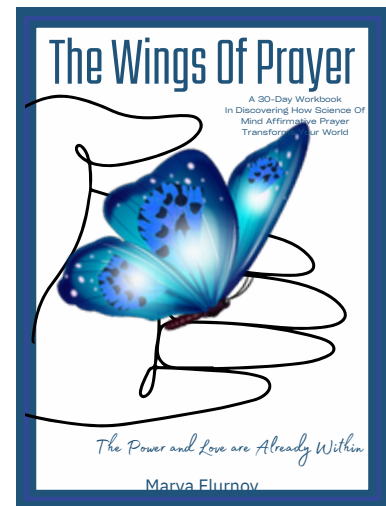
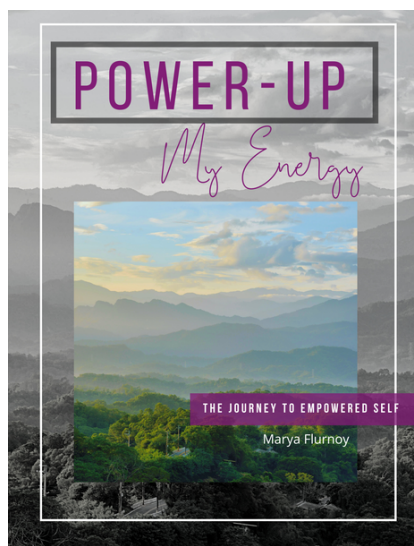
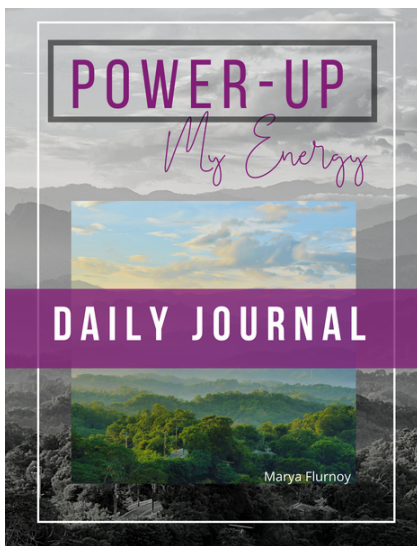
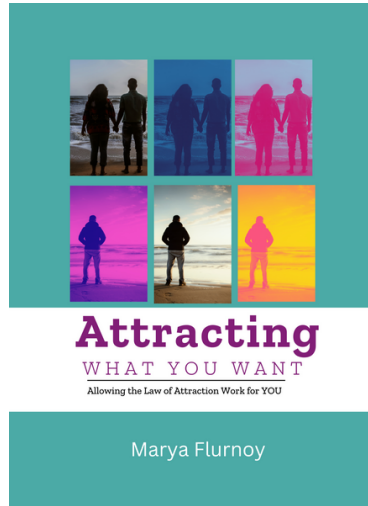
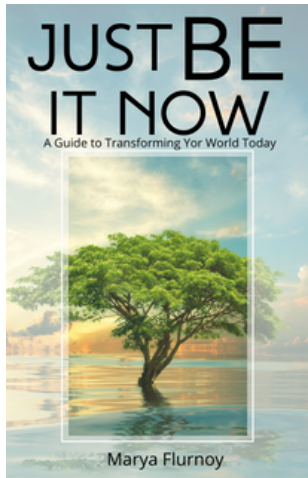
Marya Flurnoy-

## Balance

In her personal life, Marya values the importance of balance, which she shares with her life partner and husband, Ron. Together, they successfully collaborate in their various professional endeavors, complementing each other's strengths and creating a dynamic synergy. They also engage in joint teaching experiences, facilitating workshops and classes to support and empower others. Beyond their professional pursuits, Marya and Ron prioritize family, travel, and moments of solitude in nature, recognizing the significance of these elements in maintaining a harmonious and fulfilling existence. Marya's hobbies and interests include dance, boating, creating art, and writing, reflecting her creative spirit and zest for life.



# Books and Publications



# Books and Publications



## Enhance the Space with Nature

Inspirational Photo Journal on Enhancing Interior Space by Applying the Essence of Nature  
Book 5  
Modern Coastal Collection

Marya Flurnoy M.S.I.G.

If you want to feel bliss...  
Drink organic coffee.  
Play in the sunshine.  
Design and create.  
And count every blade of grass as an extraordinary miracle.  
- Marya Flurnoy

Marya is a contemporary artist, interior designer, and inspiration and guru. She has mentored many young interior designers within her firm. Her pastime passions include travelling, photography and dance. All photographs are the creations of Creative Design Team.

Proceeds from the sale of this book go toward scholarships for our Smart Start Program (Success Manifests as Realized Thinking)

### Modern Natural

Living in the moment is being present in anything that occurs. Beach Design gives space to the surprises that show up to delight the eye. Always having accessories that put you in your happy place. As rays of sunshine or the brilliant sun itself. The comfort comes from you smile more than the furnishings. The furnishings are the added bonus.

Sand Key Beach Residence

### Living in the Moment

"What you feel inside reflects on your face. So be happy and positive."  
- Sridevi

### Be Neutral

The nice thing about having neutral colors in our space, is that it allows us to enhance being open to create with different aspects of design and hints of color. In life, when we are open, our path can take many different turns. With interiors, the openness of neutrality gives the opportunity to add and enhance with color, texture and shapes.

"Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather."  
- John Ruskin

# Reviews



Rebecca Bell  
4 reviews



★★★★★ 2 months ago

I have been to two classes with Marya now and I love her approach and her amazing knowledge. She is very caring and keeps the classes energized and fun. I am very grateful for all my incredible interactions with Marya 🌱 ...

👍 Like    ➦ Share

**Response from the owner** · a month ago  
Thank you Rebecca!



Crystal Allen (Amrit Joti)  
Local Guide · 43 reviews



★★★★★ 2 months ago

Marya is absolutely amazing! I have learned so much from her in her classes and our interactions with one another. She is truly a powerful, loving being who uses energy to heal and uplift others.

👍 Like    ➦ Share




Krystle Mack  
Local Guide · 96 reviews



★★★★★ 6 months ago

What a wonderful group of women! If you looking for a beautiful tribe look no further. I attended a retreat and I left energized feeling like a brand new women!!! Plus the beautiful gifts to purchase!!

 Suzana Stein  
3 reviews



★★★★★ 2 months ago

This was such a wonderful experience and I am so thankful that God put Marya into my life.



maria scuderi  
Local Guide · 45 reviews



★★★★★ 6 months ago

Maryas vision board experience was Super duper amazing and enlightening and empowering!!! Marya is connected and knows how to help us all connect to our higher knowing! She truly opened my eyes and heart to get back in tune with myself and ... [More](#)

👍 Like    ➦ Share



Nanci Hawks  
1 review



★★★★★ 6 months ago

Hello, Empowered One~ yes, that means You :) Gotta tell ya how much this means to me now after one Transformative Day Retreat! For such vibrant, thoughtful, Energetically Blessed Women to make time for this at this time of year is just one ... [More](#)

👍 Like    ➦ Share

**Response from the owner** · 6 months ago  
We are so blessed to have you with us, Nanci! Thank you for being with us on that day and allowing us to provide all of that to you! We look forward to many more gatherings with you!



Hannah A  
Local Guide · 23 reviews



★★★★★ 2 months ago

Had a second energy processing workshop also super amazing! She is full of knowledge and education that will blow you away.

👍 Like    ➦ Share

**Response from the owner** · 6 months ago  
It was an honor having you with us! Thank you for being apart of the beautiful day!

# Workshops / Retreats



# Classes



**Realize Your Empowering Self**  
with Marya Flurnoy

MastHERmind Monday  
January 9th 12- 1PM

Benefiting EmpowHERment  
<https://www.empowherment.org/>



Join us for an empowered lunch network.

**Power Lunch**  
11:30 - 1PM

**How to Feng Shui Your Bussiness Card. Energize Your Business**

[JustBEitnow.com](http://JustBEitnow.com)

Marya Flurnoy  
Tuesday August 16th 11:30  
Sages Café  
Largo, Florida



**Remember Who You Are**

JOIN US FOR AN EMPOWERING EVENING WITH REALIZATION PRAYER HEALING



With Rev Ron Flurnoy & Rev Marya Flurnoy and guest Rev. Linda McLeod along with The Science of Mind Affirmative Prayer Circle

**Saturday, October 24th @ 6 PM**

Bring: Posters, Glue, Markers, Snacks and Beverage, EBOOK and Visualization to take home.

Bring: Magazines, Scissors, Smiles

Where the mind goes energy flows - Ernest Holmes



Set your Vision for 2023

**VISION BOARD Party**

**ENERGIZE YOUR VISION BOARD**

January 29th  
Caddy's Gulfport  
5128 BEACH BLVD S.  
GULFPORT, FL 33707  
\$35.00

Includes: Posters, Glue, Markers, Snacks and Beverage, EBOOK and Visualization to take home.

Bring: Magazines, Scissors, Smiles

Register early- Limited seating





EXPERIENCING GRATITUDE AND SHIFTING INTO PEACE AND JOY

Tuesday, November 17th  
7-9 PM  
Zoom Workshop

**The Gratitude Effect**  
with Marya Flurnoy MSIG



E-book and Meditations Included

Register at [FirstUnity.org](http://FirstUnity.org) for Login




Facebook Live Class  
How to direct your Energy to Higher Frequencies  
Introduction Class and Prerequisite to Level 1

**Wednesday March 15th  
7 PM to 8:30 PM  
Zoom**

Are You Ready to Live Life From Higher Ground?



\* Introduction to Energy Flowing \*  
Staying safe, comfortable and Calm

**POWER-UP YOUR ENERGY**

**POWER-UP YOUR ENERGY**

A course in discovering how amazing life is and YOU are.

When I decide to wake up and realize the power has always been within. Then I come from being the empowered one and I JUST BE IT!  
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Wouldn't it be amazing to take a day off and give to yourself during a busy holiday season?

**Women's Exclusive Private Day Retreat**

(Limited to 10 participants - outdoor private home poolside oasis in Clearwater)

Friday December 9th  
9 AM to 7:30 PM  
Includes organic breakfast, lunch and dinner

**Includes:**  
Intuitive Yoga and Sound  
Bath Healing  
Empower Process Circle  
Nature Meditation  
Intuitive Painting  
Shamanic Cord Cutting  
Energize Your Body, Mind and Spirit  
Reiki and Crystal Healing  
Organic Breakfast  
Lunch and Dinner

**Attendants Receive:**  
Recorded Meditation MP3s  
Empower Gift Set (Sage, Chakra Bracelet, Journal)

**\$250.00**  
Early Registration November 18th  
**\$399.00**

Rev. Marya Flurnoy  
Energy Processing  
Master Teacher  
SOM Minister  
Feng Shui Teacher

Rev. Kimberley Harrell  
Spiritual Leader  
Shamanic Reiki Master

Julianna Gillis  
Kundalini Yoga Teacher  
Certified Sound Bath Healer

April Skye  
Sound Healing and Vocalist  
Certified Energy Processor

Relax Your Body  
Empower Your Spirit  
Renew Your Mind




For customized retreats and workshops contact hel