

## Gathering Facilitators Fall 2016

**Caroll Halford's** philosophy is "when in doubt dance." She has facilitated Sacred Dance in London Ontario and at Womyn's Drum Camp for many years. She also teaches a healing movement class at Wellspring London and is a member of The Circle, a Women's Centre for Spirituality, Activism and the Earth, at Brescia University College.

We will dance in a group for community, joy, healing, grief, meditation, connection, fun and celebration. The dances are simple...the music beautiful. This is a "feet on" experience. Each dance will be taught before it is performed. Most dances are in a circle where we are all equal, some are in a line or spiral. It is both grounding and centering to honor the sacred within yourself and your community while being graciously held within the circle.

To quote Rumi "We come spinning out of nothingness, scattering stars, the stars form a circle and in the center we dance". Dance has been her teacher and her addiction and it is her pleasure to welcome you to her circle.

**Shirley Baker** is a Lenni Lenape (Delaware First Nation) Grandmother with a gift for healing. Attuned to the metaphysical since birth, she interacts with Ascended Masters, Ancestors, Angels, Spirit Guides, Crystals and Dowsing, channeling energy for physical, emotional and spiritual healing.

After retiring from the federal government in June 2011, she expanded her spiritual and healing knowledge with conferences, workshops, international retreats and mentors. In March 2014 Shirley was thrilled to receive her Reiki Master designation and started a healing practice in London and surrounding area.

By encouraging everyone to see the divine in themselves and others, the heart is opened to spiritual enlightenment. As an intuitive she communicates with all sentient beings. As a teacher and spiritual mentor she promotes healthy, guided life style choices. She teaches spiritual life skills, Dowsing, connecting with your angels and raising your vibration. Also Medicine Wheel and Mother Earth teachings, promoting care and respect for ourselves and Mother Earth. Shirley is committed to serving the universe and humanity.

Shirley conducted a Crystal grid workshop at the national convention of the Canadian Society of Dowsters in April 2016. The energy vibration of crystals will heal and manifest. She also makes and sells crystal jewellery and First Nations themed items. She attends drumming with the Phoenix Women's Drum Circle and weekly Yoga classes.

Assisting those who want to heal and further their spiritual journey is viewed by Shirley as an honour and a privilege. She celebrates, gives thanks and takes joy in each step of their journey.

Spending time with like-minded women in community and nature is an awesome, healing and fulfilling experience.

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*June Ross* is a trained Yoga teacher, certified by the Canadian Yoga Alliance.

She has taught Yoga for 28 years and Tai Chi for seven years in London and surrounding area. June teaches from the aspect of intuitive wisdom, encouraging each student to listen to their body and find their own healing path to physical, emotional and spiritual wellness. New awareness emerges when we connect to our own ancient wisdom. She encourages releasing and caring for the inner child, taking delight in the freedom of personal expression. June finds joy in patiently working with beginners and individuals with physical challenges. She is continually learning and improving her skill as an intermediate level instructor. She has personally practiced Yoga since 1970. Each decade, her practice has evolved as an awesome part of her personal growth meeting her changing needs and those of her students. She applies her Reiki and Dowsing skills in all areas of her life. An avid gardener she follows the wisdom of Astrology working in harmony with Mother Earth.

June finds it exhilarating to share the health and spiritual benefits of Yoga and Tai Chi.

*Teresa Palamar* has been Dowsing actively for the past 15 years. She is teaching both new and seasoned Dowzers at the monthly gathering of the London chapter of Dowzers.

Teresa is the president of the Canadian Society of Dowzers and was the Co-ordinator of this year's Annual CSD National Convention, Divining Common Unity. For the past three years, JayPee, producer and Wolfspiritradio.com have hosted an internet show with Frank Jordan and the World Healers Meditation Group. Teresa is an active panel participant on this world wide broadcast. A vast number of topics are covered including Metaphysics, active healing of Mother Earth, shifting and transmuting energies for all living beings, crossing over souls, clearing past lives, assessing the higher dimensions through guided meditations, clearing properties and Dowsing. Teresa manifests all these modalities in her practice and teachings.

Teresa teaches Dowsing from a hands on approach using a Pendulum, Bobber and Dowsing Rods.

The miracle is hidden within you! The dowsing techniques and simple exercises will reveal a delicate awareness and detectable sensitivity from within. Subtle energies surround us, by simple focused intent the frequencies are revealed with Dowsing.

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Jennigje “Yenni” Prenger is known to bring out your inner beauty, uplifting the radiance of the Goddess within you. She is retired and always ready for an adventure. Since our Divine purpose is our life she continues to play and live life fully in all her relationships.

Jenni was trained as an RN and then 5 years later in 1971 was Valedictorian of the first class of Nurse Practitioners in Canada. She trained in many main stream forms of psychotherapy such as Gestalt Therapy, Transactional Analysis, Bioenergetic Therapy, Sex Therapy, EST etc. She left her medical practice in the mid 80's and after a year of private practice opened an Institute of Self Healing in Guelph Ontario. She left Guelph in the late 80's to spend 5 years in a Spiritual community in Vancouver to do deep spiritual and emotional healing on herself. In Santa Fe, NM, where she lived on and off for 9 years, she was a founding facilitator of Body Chorus and a facilitator of the Celebration Church. She trained in the use of essential oils and participated in Tantric Teachings. She constantly continued to grow in workshops and community experiences of self healing and Love and Light, awakening her to more of who she is, and gifting her a profound expansive community life.

She continues to offer her *Sacred Sessions* including rebirthing - breath work, essential oils, inner child healing, sacred sexuality, soul retrieval and many other practices as needed.

Jenni has always been at the forefront of spiritual practices and feels blessed to have had many life experiences, not always easy, that keep her knowing the Divine in all things and herself. She is a grounded and intuitive healer and is in gratitude for her life.

Sheila Horrell has been drumming for 25 years, since being introduced to the primal magic of the drum by master percussionist Ubaka Hill. After studying percussion with various drummers locally and internationally, she facilitates workshops and Drum Circles for groups in Southwestern Ontario.

The experience of introducing new drummers to the ease and joy of making music with the drum has been a prime motivator for Sheila's continued success. There is nothing like witnessing someone relaxing into their own rhythm and having fun contributing to the music of the whole drumming community. Drumming heals the body and nourishes the spirit.

As well as facilitating drumming, Sheila is also a member of percussion groups in London - including "The London Groove Collective", a group which weaves melody (sax and keyboard) with various percussion instruments to create everything from jazz fusion to ambient sound scapes. As well she sings and plays with WomenSpiritSong choir, and Joyful Noise choir. Sheila is a proud volunteer at My Sister's Place, a women's shelter, where a Monday morning drumming session gets the week off to a fine start. She also volunteers with the Grand Theatre, the Women's Circle at Brescia and Heart-Links, a small London NGO which walks in solidarity with a community of women and children in the desert regions of Northern Peru.

Sheila provides drums and percussion instruments in her drumming circles.