



Hi there, I'm Heather

An Author, Artist, Heartpreneur, Yoga Teacher & Wellness Professional

I came to this work early in my life through many hardships (as I think we all have!) And found my way into the Healing Arts Practices about 30+ years ago. I have trained in everything from Animal Communication, to Therapeutic Touch, Reiki, Reflexology, Yoga and more – I infuse all my talents into the work that I do to support and inspire others with their own self-loving and healing journeys...

My motto, “We are all meant to love ourselves, whole heartedly, fully and compassionately. In all the ways we exist – messy, clean, flawed, honest, beautiful, angry, heart-broken open, fragile, fierce, and hopeful – All of it!”

In my work from on the mat, in the kitchen, the garden, the forest, or anywhere else in our world – I teach from my heart in a place of human compassion, light & love...

Come, let's connect, grow & rise up together...

Are you ready to let your REAL self shine? Are you ready to step fully back into Self-Love?

*Let's get real ♥
I look forward to meeting you!*

Xo ~ Heather