* **Living in Balance** - Self-care, energy work, relaxation, grounding & breathing techniques, natural health therapies, healthy living, writing your own story, creating a peaceful environment.

*Indigenous based, family wellness workshops focused on healing the mind, body & spirit through natural therapies, traditional knowledge, music and art to promote positive outcomes creating healthy relationships at home and in the community.*

* **Wild Teas** - Taste testing and exploring the health benefits and knowledge of harvesting, preparation and storage of wild teas such as Chaga, Wild Mint, Yarrow, Dandelion and Rat Root
* **Positive Choices & Healthy Relationships** - Lateral violence prevention, walking with good energy, preventing violent situations & outcomes, mindfulness and motivation for change.
* **Infant Massage** - Massage techniques to promote bonding, health in child body functions, flexibility and relaxation. **\***Certified Facilitator Canadian College of Massage & Wellness.
* **Traditional Family Parenting** **\***Certified Facilitator from Mahkesis Consulting
* **Circle of Security International Parenting** \*Certified COS-P Facilitator
* **Doll Moss Bags** - Hand sew a doll sized moss bag and explore the teachings of our grandmothers. Great teaching tool for new parents, children, care givers and educators.
* **Massage Therapy** - Communities or camps. \*RMT Prairie Institute of Massage Therapy.
* **Reiki Energy Healing** - Individual treatments and group teachings \*Reiki Master
* **Healing with Song -** the power of music therapy and how it relates to the brain, trauma & healing. Creating positive energy and connecting with peers, children and the elderly.
* **Sewing and Crafts** - Ribbon skirts, mitts, moccasins, moss bags and beadwork.
* **Art Therapy** - projects that encourage self-reflection & expression, individual painting on rocks or canvas and large group murals.

Cindy Paul is an International recording artist and has maintained her career as a registered natural health practitioner, massage therapist (RMT). reiki master, licensed practical nurse (LPN), certified doula, pre-natal and maternal child health educator. She has a passion for sharing with her community and is an advocate for health & healing through natural therapies, traditional medicines, music, art, and cultural teachings. Contact Cindy @ (780) 841- 9186 cindypaul1@live.com