

FOIR DE BIEN-ÊTRE CONFERENCIERS / ATELIERS WELLNESS FAIR SPEAKERS / WORKSHOPS

10h / 10 am - Sauvignon

Deborah Humphrey

Chartwell

« Démystifier la vie en résidence »

"Demystify Retirement Living"

Cette conférence permet de découvrir la vie en résidence afin notamment d'en apprendre plus sur les différences entre les secteurs public et privé, de connaître les crédits d'impôt du gouvernement, tout en en découvrant les différences entre l'autonomie et semi-autonome, ainsi que les soins. De plus, cette conférence permet d'explorer comment parler de la vie en résidence à un être cher. Enfin, les sujets abordés permettent également de se préparer à la visite en résidences et de penser aux questions que l'on aurait.

Découvrez pourquoi nous sommes dédiés à votre MIEUX-ÊTRE »

This conference focuses on retirement living and highlights the differences between private and public sector accommodations, independent and assisted living, government tax credits and care services. It will also provide helpful tips on how to approach the topic of retirement living with a loved one. Our goal is to help prepare you for residence visits and ensure you are asking the right questions.

Discover how we're Making People's Lives Better!

Spécialiste régionale, développement communautaire

Community Relations Manager

438 868-1166 • dhumphrey@chartwell.com

10h / 10 am - Chardonnay

Christine McDowell

Mentor visionnaire / Visionary Mentor

« Comment trouver votre passion »

"How To Find Your Passion"

Christine a vécu la vie sous différents angles, embrassant chaque situation comme une opportunité d'évoluer vers un lieu de compréhension. En tant que mentor visionnaire, Christine peut vous montrer comment vous pouvez créer une nouvelle vision sur la façon dont votre vie pourrait se dérouler. Auteur de "You're Not Broken ~ Harness Your Inner Power"

Christine has experienced life from many different angles, embracing every situation as an opportunity to evolve to a place of understanding. Being a Visionary Mentor, Christine can show you how you can create a new vision on how your life could unfold. Author of "You're Not Broken ~ Harness Your Inner Power"

www.visionarymentor.ca

10h / 10 am - Cabernet

Sheila Southon

Dharana Counselling

« La conscience comme paradigme de traitement » Quel est le lien entre votre corps, votre esprit et vos émotions? »

"Consciousness as a Treatment Paradigm - What IS the link between our body, mind and emotions?"

Quel est le lien entre notre corps et émotions ? Pouvons-nous juste « pense » nous-mêmes mieux ? Quel rôle jouent-ils diète, exercice et la méditation ? Qu'en est-il de travail énergétique et nos sens ? Et quelle est cette pleine conscience, que j'entends souvent parler ?

Si vous avez certaines ou toutes ces questions, cet atelier aidera à fournir le contexte et perspective. S'appuyant sur ses études avec les Drs Deepak Chopra, Candace Pert, Ram Dass, Maden Bali et une maîtrise en psychologie de l'orientation, Sheila va vous montrer pourquoi Dr Pert avait raison quand elle dit : « le médecin de l'avenir se porteront avec trois choses : ce que vous mangez, comment vous vous déplacez et comment vous pensez. »

Sheila Southon, M.Ed. counseling Psych., OCCOQ, Chopra Center instructeur, Québec naturothérapeute, a conseillé ados et coachée direction personnelle depuis plus de 25 ans. Elle se spécialise en aidant les gens à gérer le stress, la colère et la tristesse pour dégager la voie de reconnaître vos dons, talents et la réalisation de vos désirs.

What IS the link between our body, mind and emotions? Can we just 'think' ourselves better? What part do diet, exercise and meditation play? What about energetic work and our senses? And what's this mindfulness I keep hearing about? If you have some or these questions, this workshop will help provide context and perspective.

Drawing on her studies with Drs. Deepak Chopra, Candace Pert, Ram Dass, Maden Bali and a Masters in Counselling Psychology, Sheila will show you why Dr. Pert was right when she said: "The physician of the future will concern herself with three things: what you eat, how you move and how you think." Sheila Southon, M.Ed. Counselling Psych., OCCOQ, Chopra Center Instructor, Quebec Naturotherapist, has counselled teens and coached personal direction for over 25 years. She specializes in helping people manage sadness, anger and stress to clear the way towards recognizing your gifts, talents and realizing your desires.

<http://www.choprateachers.com/SheilaSouthon>

10h / 10:00 am - Merlot

Nathalie Robson

Flowmotion Studios / West Island Jazzercise

« Cours de jazzexercice »

"Jazzercise class"

The original dance party workout, this high-intensity class mixes modern dance with strength training set to hit music and targets the three major muscle groups.

On a mission to find an exercise program she would stick to and not get bored, Nathalie Robson "stepped" into a Jazzercise dance fitness class in 2010, and fell in love instantly. She became a certified instructor 6 months later and has been sharing her passion for movement, dance and strength training and her love for Jazzercise with participants along their fitness journey ever since. An avid fitness professional, Nathalie has continued her passion for learning with certifications in Yoga, Personal Training and Piyo; she is currently studying for her Fitness Nutrition Coaching certification.

Cet entraînement à haute intensité basé sur la danse fusionne des mouvements modernes à l'entraînement musculaire. Chorégraphié sur les musiques de l'heure, Dance Mixx cible 3 groupes musculaires majeurs pour créer un entraînement complet.

A la recherche d'un programme d'exercices qui lui conviendrait, **Nathalie Robson** a essayé une classe de Jazzercise en 2010, et en est tombée amoureuse instantanément. Elle est devenue instructrice certifiée en 2011 et depuis ce temps-là, partage sa passion pour le mouvement, la danse et le conditionnement physique ainsi que son amour pour Jazzercise avec des participants en quête de remise en forme. Avid professionnelle, Nathalie a continué sa passion pour l'apprentissage avec des certifications en Yoga, Entraînement Personnalisé et PiYo ; elle termine actuellement sa certification en Fitness Nutrition Coaching.

11h / 11:00 am - Sauvignon

Sherry Nash

« Stratégies pour casser toutes habitudes néfastes, et un truc qui changera votre vie pour toujours. »

"Strategies for quitting any bad habit, and a tip that could change your life forever."

Désirez-vous améliorer vos habitudes de vie? Aimerez-vous briser les chaînes qui vous rendent esclaves de vos mauvaises habitudes de vie ? Mon habitude de vie il y a un temps jadis, était celle d'une fumeuse d'un paquet de cigarettes par jour et consommatrice fervente de vin. Dans le cadre de ma présentation, je partagerai avec vous le processus en trois étapes que j'ai créé et utilisé moi-même afin de me libérer de mes mauvaises habitudes.

Sherry est une consultante compatissante et attentionnée dans le domaine de l'énergie humaine avec plusieurs années d'expérience dans le mentorat et aide à la guérison. Elle possède les certifications de Praticienne en santé holistique intégrée, Maître de Reiki, Praticienne ThetaHealing® et Entraîneur professionnel certifié. Étant une étudiante passionnée de la vie, elle tente constamment d'apprendre comment notre conscience, notre alimentation ainsi que nos énergies interagissent entre elles et la planète dans son ensemble. Utilisant ces connaissances, elle personnalise son approche holistique à chaque client afin de leur permettre ultimement de trouver une guérison intérieure.

Do you desire to live a healthier life style? Would you like to break the chains of being a slave to your bad habits? I was once a pack a day smoker and a daily consumer of LOTS of wine. In my talk, I will share with you my 3-step process that I created and used on myself to be free of my bad habits. Join me to hear my strategy for quitting any bad habit, and a tip that could change your life forever.

Sherry is a compassionate and caring life energy guide with years of experience in the fields of coaching and healing. Sherry is certified as an Integrative Holistic Health Practitioner, Reiki Master, ThetaHealing® Practitioner and as a Certified Professional Coach. As a passionate student of life, she is constantly learning how our consciousness, nutrition and energies affect each other and the planet as a whole. Using this knowledge, she customizes her holistic approach with each client to help others heal themselves at their core.

11h / 11 am - Chardonnay

Nevine Elchibini, B. Comm and Certified Naturopath
Entraînement nutritionnel optimal / Optimal food coach
« Le pouvoir des bons aliments pour la prévention des maladies et une santé optimale »
"The power of good food on disease prevention and optimal health"

Nevine Elchibini uses scientifically-based, creative, real-life education and hands-on demonstrations to inspire people to embark on nutritional wellness revolutions. She provides engaging content-rich talks that have reached thousands of individuals. She teaches and coaches consumers and corporations on the value of wholesome and powerful foods in optimizing health and weight and preventing disease.

Nevine inspires people of all ages with theme-based education on food preparation and synergies that enhance mood, productivity, and cognitive function and that are essential solid building blocks for strength and survival. She combines her business and nutritional expertise to design unique programs that engage teams and companies in striving for wellness collectively. Nevine also focuses on synergies between nutrition and other facets of a healthy mind, body and spirit.

Nevine has provided nutritional wellness education in multiple venues including private corporations, non-profit organizations, schools, gyms, community centers, libraries and bookstores and more recently talks on nutrition and health on CBC radio 88.5 FM.

Nesa Inc. www.nevinescuisine.com

11h / 11 am - Cabernet

Peter Levidis

The S.P.O.R.T. Specialists Inc.

« Atelier de mise en forme par le golf – Le golf n’est pas qu’un jeu ! C’est un sport et il devrait être considéré comme tel ! »

"Golf Fitness Workshop - "Golf is not just a game! It is a sport and should be treated as such!"

Mobility, stability and strength are the cornerstones to amore efficient body. Develop the skill you need to increase your stamina for playing, increase your range of motion, and shoulder turn producing more power.

Peter holds a Bachelor of Science degree from Concordia University. He received his certification as a Strength & Conditioning Specialist and as an Athletic Therapist in 1996 and 1997, respectively. Peter received accreditation from the CHEK institute as a Golf Biomechanics Specialist and a CHEK level 2 Practitioner. Peter co-founded the S.P.O.R.T. Specialists inc where he has successfully developed a practice reliant on identifying and correcting muscle imbalances and postural faults and re-creating the complete individual/athlete.

Peter has had the honor of being part of the pre- and post-season physical testing for the Montreal Canadiens and their farm team, The Hamilton Bulldogs and was Athletic Therapist and Strength Coach for the Canadian Star Boat Sailing Team for the 2012 Olympics. Peter co-authored the book, “Get with the Program”, which hit 4 Amazon Best-Sellers lists and won a Quilly Award. His articles are featured in local newspapers and in the magazine, Best Health Canada.

www.sportspecialists.ca

11h / 11 am - Merlot

Bhaskar Goswami, Co-Founder, daana

« Cours de yoga ouvert : le bien-être pour tous »

"Open yoga class: Wellness for all"

From Assam, India, **Bhaskar Goswami** has been deeply involved with the practice of meditation since the early 90’s. He is a certified teacher of traditional hatha yoga and a specialist in employing the principles of yoga for the modern lifestyle.

Born into the yogic tradition, he comes from the lineage of Vasishtha, who is considered to be one of the founding fathers of this ancient practice. Bhaskar has been trained at the Transcendental Meditation school of Assam in India, on Vipassana Meditation as taught by S.N. Goenka, on traditional yoga by Yogacharya Nandakumar in Kuwait and by Siromani Sriram and the Sivananda Yoga Vedanta in Canada. He has a Masters degree in Electronic Engineering from the University of Nottingham in England and a 10-year international engineering career in petroleum, telecom, audio, acoustic and microelectronics industries. This has allowed for a strong understanding of the benefits and methods of mindful living in an urban environment.

In 2007 he founded the multiple award winning organization, BODHI, dedicated to offering genuine wellbeing to people in workplaces. In 2014 he co-founded daana, a non-profit organization offering pay-it-forward wellness worldwide.

www.globaldaana.org

12h / 12:00 pm - Chardonnay
Frances Michaelson
Owner, WOW
« Votre intestin est paresseux? »
"Is Your Gut in a Rut?"

Do you ever feel bloated, gassy, or tired after eating? Ever wonder why two people eating the same dietary guidelines can react so differently? Do you feel like you have tried everything and cannot drop those 10 pounds? The answer isYou are Not what you eat. You are what you digest. Come to this session and learn, learn, learn.

www.francesmichaelson.com

12h / 12:00 pm - Sauvignon

Erin Hogan

Young Living Essential Oils Independent
Distributor

« Intégrez les huiles essentielles dans votre quotidien pour vivre une vie sans toxines ! »

"Incorporate essential oils into your daily life to live a non-toxic life!"

Joignez-vous à notre atelier pour apprendre comment utiliser les huiles essentielles pour fabriquer vos propres produits ou simplement pour faire BIEN SENTIR VOTRE MAISON! Nous allons examiner les utilisations des huiles de tous les jours et faire des produits nos mêmes qui peuvent remplacer vos produits de tous les jours. Certains participants chanceux rentreront chez eux avec les produits que nous fabriquons sur place.

Young Living est une compagnie de bien-être qui a des huiles essentielles pures et des produits infusés à l'huile essentielle ! Joignez-vous à **Erin Hogan**, distributrice indépendante, pour apprendre à SAUTER DANS LE BIEN-ÊTRE en incorporant des huiles essentielles dans votre vie quotidienne pour vivre une vie sans produit toxique.

Join our workshop to learn how to use essential oils to make your own products or simply to MAKE YOUR HOME SMELL AMAZING! We will be reviewing the uses of every day oils and making simple DIY that can replace your everyday products. Some lucky participants will be going home with the products we make on site.

Young Living is wellness company that has pure essential oils and essential oil infused products! Join **Erin Hogan**, Independent Distributor, to learn how to SPRING INTO WELLNESS by incorporating essential oils into your daily life to live a non-toxic life!

12h / 12:00 pm - Cabernet

Susan Hamilton

« Le Toucher Thérapeutique dans le 21^{ème} Siècle »

"Therapeutic Touch; in the 21st Century"

Susan Hamilton est une des fondatrices du Réseau du Toucher Thérapeutique du Québec et a mené plusieurs initiatives en lien avec la médecine énergétique. Diplômée en Affaires (ancienne propriétaire d'une franchise Century 21) en Soins infirmiers et en Enseignement, elle utilise ces attributs pour avancer l'intégration de la guérison esprit/corps avec la médecine traditionnelle. Elle enseigne le toucher thérapeutique à partir de son domicile à Pierrefonds, Québec.

Elle croit à une intelligence universelle et que tous et chacun son uni par ce champs énergétique.

Susan Hamilton is one of the founding members of the Therapeutic Touch Network of Quebec and has spearheaded many initiatives for energy medicine. Having business background (past owner of a Century 21 franchise), nurse, and teacher, she uses these attributes to advance the integration of Mind/Body medicine. She teaches Therapeutic Touch from her home in Pierrefonds, Quebec.

She believes in a universal intelligence that we are all connected to this intelligence.

www.ttnq.ca

www.rttq.ca

514-624-0920

12h / 12:00 pm - Merlot

Samira Haikel

EzFit Montreal

« Séance d'entraînement baladi/Bollywood »

"Belly-Bolly Groove"

Bellydance/BollyWood class

Samira is Born and raised in Casablanca, Morocco. She grew up with the Mediterranean lifestyle infused with a cool mentality as: taking time to nurture – by healthy food, energetic dance, and kind friendships... This is how Samira was raised and what she brings into her fitness programs with her 18 years' experience as a Certified Group Fitness instructor and a Certified Personal Trainer in Gyms and Fitness venues. She adapts exercise movements as needed; Observes participants and informs them of corrective measures necessary for skill & posture improvement. She uses her warm Mediterranean personality to motivate participants, making them workout, have fun and love their path to a happier being and a healthier living.

Samira's philosophy, as a certified fitness instructor, is to make an optimistic difference in people's lives. She aspires to motivate, educate and lead her group on the road to fitness, change, self-esteem and happiness. Information about Bellydance Workout class with Samira

ezfitmontreal@gmail.com

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

13h / 1:00 pm - Sauvignon
Pauline Edward
A Time for Success
« La numérogie pour tous les jours »
"Everyday Numerology Workshop"

With **Pauline Edward**, astrologer-numerologist, coach, author of *The Power of Time: Understanding the Cycles of your Life's Path* uncover the invaluable knowledge available in the numbers of your birth date. Gain a clearer understanding of the direction and purpose of your life and make choices that are appropriate for your current trends.

Pauline Edward is an astrologer-numerologist and professional speaker. She is the founder of A Time for Success, a consulting service specializing in Trends, Cycles, and Lifestyle Planning, serving a worldwide clientele, and winner of a Chamber of Commerce Accolades Award for excellence in business practice. She is the author of several books, including *Making Peace with God: The Journey of a Course in Miracles Student*, *Leaving the Desert*, *The Power of Time* and *Astrological Crosses in Relationships*.

www.paulineedward.com, www.facebook.com/PaulineEdwardAuthor

13h / 1:00 pm – Chardonnay
Kirstin Bennett
Bayshore HealthCare
« Le bien-être de l'aïdant – La clé des soins dévoués »
"Caregiver Wellness – The Key to Loving Care"

Bayshore HealthCare is one of the country's leading providers of home and community health care services with over 100 locations from coast to coast.

The Bayshore brand extends across three business divisions: Bayshore Home Health (medical and non-medical home care and staffing services), Bayshore Specialty Rx (specialty pharmacy, infusion and pharmaceutical patient support services) and Bayshore Therapy & Rehab (physiotherapy and rehabilitation services). The company's goal is to enhance the quality of life, well-being, dignity and independence of Canadians of all ages. Bayshore HealthCare has been an annual recipient of Canada's Best Managed Companies award since 2006.

Our Home Care services range widely from personal care, home support, companionship, nursing, physio and occupational therapy, serious injury home care, hospital bedside care, palliative/end of life care, funding investigations and more. Our commitment is to provide customized care plans and solutions that allow our clients to remain in the comfort of their own home and in a familiar environment.

While Bayshore's continued strength is its people, its focus now includes an increased investment in digital health and innovation, patient self-management solutions and patient engagement tools – as well as building on its array of community health services.

A proudly Canadian owned and operated company, the year 2016 marked the 5th decade Bayshore HealthCare has delivered quality care to now over 200,000 clients across the country. It is our **mission** to deliver passionate and caring service to all Canadians every visit, every time.

Hi! I'm **Kirstin Bennett - Bayshore Home Health Care Manager for the West Island of Montreal**. I am a cheerful, professional and dedicated person with a passion for happiness and vitality. Over the years I have come to realize that my true calling is to be in the business of helping people. In alignment with Bayshore's values, it is my mission to go above and beyond to deliver a positive experience to the lives of individuals in our community.

Bayshore is built upon the guiding values of compassion and reliability; teamwork and diversity; innovation, leadership, and growth. As Care Manager I work with these fundamental values in mind, establishing Bayshore as the trusted source of care in all the West Island communities and neighbourhoods – a friendly face that delivers superior service with a smile. We offer care to families for life, and we do whatever it takes to make a difference.

kbennett@bayshore.ca www.bayshore.ca

13h / 1:00 pm - Cabernet
Sharon Cohen, Naturopath
Be your Most Radiant Self
« Faites le ménage du printemps dans votre vie ! »
"Spring clean your life"

Feeling sluggish, backed up, congested & dragging yourself through your day?

Spring is a perfect time to reboot and let go of toxins accumulated over the winter months. The transition from winter to spring gives us this opportunity to rejuvenate and revitalize from the inside out. Just as we spring clean our homes, we also need to spring clean our body, our temple for the soul. In this workshop, you will learn about the importance of nourishing your digestive system, eating simple foods that support elimination and living a cleansing lifestyle for your unique mind-body make-up.

Sharon Cohen graduated from Concordia University with a B.A. majoring in Psychology. In 1995 she then went on to study Naturopathy specializing in Nutrition and Energetic Healing techniques. Sharon has also been educated in the BioSet, Allergy and Sensitivity Elimination training in the United States, as well as Advanced Cranio-Sacral therapy. She has been in private practice for over 20 years and specializes in supporting women to balance their hormones, create optimum digestion and listen to the wisdom of their body. Currently she lectures on balancing hormones, living your most radiant life and eating well for optimum digestive health. She is also the founder of the Juicy Woman's Journey symposiums and Costa Rican retreats. Sharon's passion lies in empowering others to discover, design and live a life they love.

www.sharoncohen.ca

13h / 1:00 pm - Merlot

Dalia Marom

Yoga Teacher & Sound Healer - Singer\Songwriter\Actress

« Yoga et guérison par le son avec bols tibétains »

"Yoga & Sound Healing with Tibetan bowls"

Soyez guidés à travers une séance de guérison qui comprend :

Yoga doux et, Guérison, Visualisation guidée, Meditation, Pranayama

Be guided through a healing session that includes:

Therapeutic gentle yoga, Sound, Guided Visualisation, Meditation, Pranayama

Dalia has been practicing yoga for over 10 years and completed her teacher training with Dr. Madan Bali in 2014. She has since studied Himalayan Sound Healing, Shamanism through the the Foundation of Shamanic Studies, and Naada Yoga (Yoga of Sound) with the internationally renowned Gundesha Brothers. Her sessions incorporate therapeutic Yoga (Dr Bali Method, Nidra, Yin, Hatha), pranayama, guided visualization, meditation as well as various sound healing modules including: Tibetan bowls, tingshas, rattles, gongs, Chrystal pyramid, Idiopan drum in 432 hz (healing frequency of the earth) and deep vocal vibrations.

Dalia pratique le yoga depuis plus de 10 ans et a complété sa formation d'enseignante avec le Dr Madan Bali en 2014. Depuis, elle a étudié la guérison sonore de l'Himalaya, le chamanisme grâce à la Fondation des études chamaniques et le Naada Yoga (yoga du son) avec les Frères Gundesha. Dalia a dirigé de nombreuses séances de yoga et de guérison sonores et des retraites dans sa ville natale de Montréal ainsi que sur le plan international aux États-Unis (Centre Oméga) et au Mexique (L'Omni Hôtel), Costa Rica (Posada Natura, Spa Holis). Ses sessions intègrent le yoga thérapeutique (méthode du dr Bali, Nidra, Yin, Hatha), le pranayama, la visualisation guidée, la méditation ainsi que divers modules de guérison du son incluant: bols tibétains, tingshas, hochets, gongs, Pyramide Chrystal, tambour Idiopan en 432 hz (Fréquence de guérison de la terre) et profondes vibrations vocales.

www.daliamarom.com

www.facebook.com/daliayogasoundhealing

www.twitter.com/daliamarom

www.instagram.com/daliayogasoundhealing

Télé.: 514 606-5424

14h / 2:00 pm – Sauvignon

Karin Drewery

Inner Revelations

« Méditation guidée sur la vie antérieure »

“Past Life Guided Meditation”

Join us in a circle where you will experience a relaxing guided meditation with the intention to see and reveal one of your past lives. Per Brian Weiss, an American psychotherapist and author of Miracles Happen, understanding and releasing past life memories may be a step to healing various conditions in this life. This is an experiential workshop with no previous meditation required.

I am an Intuitive using clairaudience, clairvoyance, channelling and an Energy Therapist.

Karin studied the following healing methods: Reiki Master Level, SPHERE (Sacred Peace Healing), Ama-Deus, Theta Healing, Crystal healing and Ho’oponopono and Mindfulness Meditation. **Karin** also studied clairvoyance, intuition and mediumship at the SSF (Spiritual Science Foundation) and with Trisha Pope, a clairvoyant and teacher. Karin studied Medical Intuition online with Dr. Mona Lisa Schulz, an author and Medical Intuitive.

Cell: 514.462.7597

email: karind@videotron.ca

14h / 2:00 pm - Chardonnay

Sonya Fernandez and Victoria Lymburner

Fitclub24/Herbalife Nutrition

« Santé et nutrition communautaires »

“Community health and nutrition”

Fitclub24, which has recently opened in the West Island, is dedicated to helping people achieve their personal health and fitness goals. We incorporate fitness, nutrition and community into one to create a healthy and happy lifestyle balance.

We create individual nutrition programs that help the individual to reach their targets and keep them accountable for their health everyday. We work closely with Herbalife Nutrition to achieve this.

Herbalife is a global nutrition company that has helped individuals achieve their healthy goals for the last 36 years.

www.goherbalife.com/fitcoachmandy/en-CA

www.goherbalife.com/fitcoachmandy/fr-CA

14h / 2:00 pm - Cabernet

Karen Meyer

Concordia Physio Sport, member of CBI health group

« Exercice et bien-être : tout le monde en profite »

"Exercise and Wellness: everyBODY benefits"

10 easy exercises that everyone can/should do and some great life habits.

Karen joined CBI Concordia Physio Sport after graduation from McGill in 2004. She has helped manage and develop multidisciplinary services in Pointe Claire before becoming Partner in 2009, in 2011 Karen became the Director of Operations for the Concordia Physio Sport group which is affiliated with Excellence Physio et readaptation. The group consists of 23 multidisciplinary clinics across the province of Quebec. Along with Management, Karen continues to maintain her practice as a physiotherapist amongst the interdisciplinary team, lectures for the Arthritis Society and has developed specialized teams within the clinics. Offering a broad range of services for Cancer survivors, mental health, Concussion rehabilitation, Arthritis and more.

Karen Meyer continues to advance her skills as a therapist by taking extensive continuing education courses including McKenzie courses, neurodynamics, running specialization, manual therapy, treatment of chronic pain and advanced taping.

<https://www.cbi.ca/web/concordia-physio-sport/about-us>

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2h / 2 pm - Merlot

Sarah Surrenders

Holistic Resonance

« Le pouvoir guérisseur du son avec bols tibétains »

"The Power of Sound for Healing with Tibetan bowls"

Sarah works with the power of sound, vibration, frequency and energy to bring people into alignment and back into their natural state of true resonance.

Having healed her self both physically and emotionally on her own path with sound she has now been serving others by reminding them of their own capacity to heal. Sarah does this by holding sacred space and bringing in the appropriate sacred sounds, chants and vibrations to allow the person to find their own voice, their own true essence. She combines and merges various energetic/healing modalities to facilitate the healing process drawing on her training's in Sound Healing, Shamanic Studies, Reiki, Traditional Womb Healing, aromatherapy and crystal healing.

Her approach is highly intuitive as she guides people through their own darkness on a journey to find the light with sound and spirit as the guide. Sarah has leads retreats, workshops, group sound baths both locally and internationally. She has trained over 40 sound healing students and is passionate about sharing the transformative healing powers of sound. Her most powerful work is done in individualized private sessions to help restore balance and harmony on all levels.

She incorporates Tibetan Bowls, Crystal Bowls, Crystal Harp, Gongs, Tuning Forks, Rattles, Space Drums, frame drum and chanting into her sessions. Surrender to Sound and allow Sarah to help you discover your true resonance and amplify yourself.

www.sarahsurrenders.com

sacredsound@sarahsurrenders.com

15h / 3:00 pm - Sauvignon

AmirJavad Darehshiri, Founder, RCRT, RAC Instructor and Reiki Master

L'Académie canadienne de bien-être / Canadian Wellness Academy

« Thérapie SuJok » / "SuJok Therapy"

SuJok Therapy was developed by a South Korean scientist, Prof. Park Jae Woo. Sujok says body map is on hands and feet, base on meridians. When an organ of our body is malfunctioning, its correspondence point becomes tender and painful to touch. And when this is stimulated, it normalizes the pain as well as the affected organ. It is healing without medication. We can treat with massage, color, light, magnet, seeds..

www.montrealhealingclinic.com 514 621-3930

15h / 3:00 pm - Chardonnay

Helene Brunet

Founder, Ink Well Journaling

« Le bien-être par l'écriture » / "Wellness Through Writing"

Journaling...you've heard how helpful and therapeutic it can be...but how do you do it? What is there to learn? You do not have to be a writer or enjoy writing in order to reap the many benefits of journaling. This presentation will introduce you to some of the techniques which allow you to explore your thoughts, feelings, hopes and dreams. It will teach you how to get started and what you can expect from this nurturing practise. It will connect you with your inner creativity.

Helene Brunet is a lifelong journal writer. Her journal has been an invaluable friend, healer, ally. She is certified as a Journal Facilitator with the Therapeutic Writing Institute in Denver, Colorado, founded by Kathleen Adams, a psychotherapist and pioneer in the field of therapeutic writing for the past 30 years. Helene is passionate about sharing what she has learned about this amazing tool for healing, growth & self-discovery.

<https://www.facebook.com/Ink-Well-Journaling-1083112225062323/>

15h / 3 pm – Cabernet

Jacqueline Percs

Soins d'Or Chez Vous / Golden Home Care

« Vivre la Vie Avec Soins d'Or » – Soutien à domicile ; accompagnement dans les soins palliatifs

“Live Life with Golden Care” – Home Support; Companionship to Palliative Care

Jackie a toujours eu un esprit entrepreneurial. Lorsque ses enfants grandissaient, elle voulait être là pour eux et la gestion de son travail régulier exigeait beaucoup de temps. Une fois que ses deux enfants avaient grandi et étaient devenus de jeunes adultes, elle sentait que le moment était venu de réfléchir sur sa liste d'objectifs à réaliser, fondant ainsi Soins d'Or Chez Vous en 2012.

Ayant toujours vécu sa vie avec une « perspective positive », Jackie a combiné cette façon de voir les choses à sa passion et à l'expérience qu'elle a acquise en travaillant avec les gens et en aidant ces derniers. En quelques années seulement, Soins d'Or Chez Vous est devenu un fournisseur et un chef de file respecté dans le domaine de soins à domicile.

La mission de Soins d'Or Chez Vous consiste en son engagement à fournir les meilleurs soins possibles, quels que soient les défis auxquels ses clients peuvent faire face et peu importe leur âge. Bien que la plupart de ses clients soient des aînés, Soins d'Or Chez Vous aide aussi des personnes aux prises avec des défis médicaux, physiques ou intellectuels. Le but est d'aider les gens à sentir qu'ils ont un but dans la vie, à maintenir leur autonomie, à être respecté et apprécié pour ce qu'ils sont et à vivre dans la dignité.

Jackie has always had an entrepreneurial spirit. While her children were growing up she wanted to be available for them. Managing her regular job demanded considerable time. However, as her 2 children grew into young adults, she felt it was time to reflect upon her “Bucket List” and founded her company, Golden Home Care in 2012.

Having always lived her life with a “positive perspective”, Jackie has combined this with her passion & experience working with and helping people. In just a few years Golden Home Care has become a respected Home Care Provider and leader in the field.

Golden Home Care's mission is to commit to providing the best possible care, no matter what the clients' challenges may be, or their age. Although, most of it's clientele are seniors, they also assist individuals with medical, physical, and/or intellectual challenges. The goal is to help people to have purpose, maintain their autonomy, be respected & appreciated for the person they are and to live life with dignity.

www.goldenhomecare.ca

15h / 3:00 pm – Merlot
Dr. Madam Bali - The Bali Method
Yoga Bliss
« La méthode Bali » / "The Bali Method"

Le Dr Bali a élaboré une méthode de yoga qui consiste en un ensemble d'asanas, de pranayamas, de bandhas et de kriyas. Axée sur une approche métaphysique visant l'évolution de la conscience, la méthode Bali aide à sentir et à raffiner le corps subtil pour lui permettre de se transcender dans l'essence infinie et intemporelle.

La méthode Bali repose sur le principe selon lequel le corps est parfaitement bien conçu et possède sa propre pharmacie, ce qui le rend autosuffisant. Le corps est doté d'une technologie hautement complexe capable de répondre à tous les besoins essentiels avec une précision mathématique.

À l'instar des plantes, qui doivent avoir des racines saines pour croître et être robustes, l'humain doit veiller à raffiner et à entretenir son corps subtil, afin qu'il puisse coordonner une infinie variété d'activités et établir des liens simultanés entre celles-ci et, de ce fait, bénéficier d'un bien-être optimal. Le fait d'entrer en contact direct avec son propre système de réactions peut aider à remédier aux dommages causés par le stress, les mauvaises habitudes, une mauvaise alimentation et les émotions négatives.

Dr. Bali has developed a unique method of yoga asanas, pranayama, bandhas, and kriyas, combined with a metaphysical approach for an evolution of consciousness. His method helps integrate and refine the subtle body, transcending into infinite and timeless essence.

The Bali Method is based on the principle that the body is so well designed and equipped that it is self sufficient with a complete pharmacy of its own. The body has the finest technology within to help generate all its essential needs with a mathematical precision.

Just as a plant needs healthy roots to be strong and sturdy, we need to keep our subtle body refined and regulated, so it is able to simultaneously coordinate and co-relate its infinite scale of activities and maintain an experience of optimal wellness. Getting in touch with the body's own self-referral feedback system can help reverse the damage caused by stress, unhealthy habits, poor diet and negative emotions.

Dr. Madan Bali is an extraordinary example of a healthy lifestyle. Now 92 years young, he continues sharing the joy of yoga in his classes and workshops. He is a Vedanta scholar with a Doctorate in Complimentary Medicine. He is also one of the best sources of wisdom and knowledge about yoga and its applications for wellness in everyday life.

Founder-director of Yoga Bliss, he was born in Northern India where he developed an interest in a spiritual path from a young age. A long-time yoga practitioner, he immigrated to Canada in 1969 and began sharing his knowledge. For over 45 years Dr. Bali has successfully introduced Yoga in Montreal at several colleges and school boards as part of the curriculum, as well as hospitals, corporations, and community centers. He has developed Yoga as a complimentary form of therapy in treating psychosomatic disorders.

His practical and extensive experience of the therapeutic benefits of Yoga techniques is particularly useful in today's fast-paced stressful way of life. "Being brought up in India, amidst the cultural milieu of yoga and its philosophy gives a certain edge to understanding the comprehensive, broad-based nature of a very well structured system." Says Dr. Bali.

Le **Dr Madan Bali** illustre de façon remarquable les bienfaits d'une vie saine. Encore plein de vitalité à 92 ans, il continue de donner des cours et des ateliers pour faire connaître la joie que procure le yoga. Il a étudié la tradition spirituelle vedanta et possède un doctorat en médecine complémentaire. Il est également considéré comme l'une des meilleures sources en matière de sagesse et de connaissances yogiques et comme un expert des applications du yoga pour mieux vivre au quotidien.

Il est fondateur et directeur du studio et de l'école Yoga Bliss. Natif du Nord de l'Inde, il a manifesté dès un très jeune âge un véritable intérêt pour la voie spirituelle. Le Dr Bali pratique le yoga depuis de nombreuses décennies. Peu de temps après son arrivée au Canada, en 1969, il a commencé à partager ses connaissances. Il fait connaître le yoga à Montréal depuis plus de 45 ans dans plusieurs collèges et commissions scolaires dans le cadre du programme d'enseignement. Il donne également des conférences et des exposés dans des hôpitaux, des entreprises et des centres communautaires. La méthode de yoga qu'il a élaborée est utilisée comme thérapie complémentaire pour traiter certaines dysfonctions psychosomatiques. Sa vaste expérience pratique des bienfaits thérapeutiques des techniques yogiques se révèle particulièrement utile compte tenu du rythme effréné et stressant de la vie moderne.

Le Dr Bali affirme lui-même: « Étant donné que j'ai grandi en Inde et que j'ai été exposé dès un très jeune âge à la culture et à la philosophie du yoga, je suis à même de bien saisir la richesse et la vaste portée de cette discipline extrêmement bien structurée. »

16h / 4:00 pm – Chardonnay
Brana Giancristofaro
AnandaOm Academy
« Thérapies naturelles de bien-être : apprendre l'auto-guérison »
"Natural Therapies for Wellness: Learn How to Self-Heal"

Get amazing tools to balance your body, emotions and mind, that help to prevent and reverse chronic conditions, and radiate abundant life energy.

Brana Giancristofaro is the founder of AnandaOm, the Academy for Naturo-Therapy, focused on wellness and spiritual awakening. Brana holds a Master of Science degree in biomedical engineering and integrates her wealth of experience, knowledge and natural capabilities to create an effective synergy of ancient wisdom, latest science and unconditional love energy.

www.anandaom.com

16h / 4:00 pm – Sauvignon
Carolyn Auger
Allcare Massage & Wellness
Inner Peace
Relaxez votre esprit - Rajeunissez votre corps - Revitalisez votre âme
Relax Your Mind – Rejuvenate Your Body – Revitalize Your Soul

Carolyn Auger est diplômée de l'Université McGill, avec un baccalauréat en éducation physique. Elle est également massothérapeute certifiée et propriétaire du Centre de bien-être et de massage Allcare à Pointe-Claire. Carolyn tire une grande satisfaction d'aider les gens de tout âge à renforcer leur autonomie et à les inspirer à travers sa propre histoire personnelle et les défis qu'elle a rencontrés. Elle partagera comment sa propre santé et les circonstances de sa vie l'a mise sur le chemin de la massothérapie et la publication de son livre, 'With All My Heart'.

Carolyn Auger is a graduate from McGill University, with a Bachelor of Education in Physical Education. She is also a certified massage therapist and owner of Allcare Massage and Wellness Centre in Pointe Claire. Carolyn has a passion for empowering and inspiring people of all ages, through her own personal story and challenges. She will be sharing how her health, and life circumstances put her on the path to Massage Therapy, and publishing her book, With All My Heart.

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www.arbonne.ca
Author of "With All My Heart" - by Elizabeth McLennan (Pen name)
<https://www.youtube.com/watch?v=NLUuNsaOR5Y>
<http://bookstore.authorhouse.com/Products/SKU-000858346/With-All-My-Heart.aspx>
www.allcaremassageandwellness.ca

16h / 4:00 pm - Cabernet

Tracey MacKenzie

Feng Shui for All

« Atelier de Feng Shui »

"Feng Shui workshop"

Tracey commencé à étudier le feng shui il y a 17 ans. Je suis consultante, enseignante et conférencière depuis 1999. En étant adulte j'ai étudié le design de la mode et l'art pour ensuite embarqué dans le monde du design intérieur et l'aménagement. A partir de mon désir de créer des espaces serènes et équilibrés en utilisant la couleur et les textures, le feng shui était une progression logique dans mes études. Avec l'enseignement de Maître Joseph Yu et plusieurs autres j'ai appris comment analyser et améliorer la distribution d'énergie d'une maison ou d'un site en employant des techniques assez simples.

Inspiré par des événements au cours des dernières années, j'ai commencé à étudier la Neurosciences pour le design qui étudie la réaction neurologique ainsi que physiologique d'une personne envers son environnement. Ceci nous aide beaucoup dans le traitement des gens qui sont malade, en réhabilitation ou qui souffrent de maladies comme l'alzheimer's ou la démence.

Tracey first started learning about Feng Shui 17 years ago. I have been a practicing consultant, teacher and lecturer since 1999. As an adult Tracey studied Fashion design, dabbled in Art and then delved into the world of Interior Design and Decor. In her desires to create peaceful environments using color and texture Feng Shui was a natural study progression. Through the teachings of Master Joseph Yu and many others Tracey learned about energy distribution and how to analyse and improve any environment using simple techniques.

Inspired by the events of the last few years, Tracey has expanded my work into the field of Neuroscience for design which studies a person's neurological and physiological reactions to any given space. This is especially helpful in treating people who are sick, in rehabilitation or who have diseases such as Alzheimer's and Dementia.

www.fengshuiforall.com

16h / 4:00 pm - Merlot

Elena Oulianova and Pierre Lafleur

« L'expérience de l'océan d'amour – Méditation avec énergies Reiki »

"The Ocean of Love Experience - Meditation with Reiki energies"

Elena Oulianova and Pierre Lafleur are Reiki Master practitioners (Holy Fire Reiki II system) who received their Master/Teacher training from William Lee Rand, founder and Senior Master of the International Center for Reiki Training. Elena and Pierre dedicate their time to promote wide range of healthy benefits from receiving Reiki sessions. These pure and powerful high vibration Universal Life Energies cleanse and balance receiver's personal energy field helping to heal on all levels: emotional, mental, physical, and spiritual. Join us at The Ocean of Love Reiki experience to receive healing Reiki flow!

Elena Oulianova et Pierre Lafleur sont des Maîtres praticiens de Reiki (système du Holy Fire II Reiki). Ils ont reçu leurs entraînements de Maître/Enseignant de monsieur William Lee Rand, fondateur et Maître Senior au Centre International d'enseignement de Reiki Holy Fire II. Elena et Pierre dédient leur temps à promouvoir les bienfaits de recevoir des traitements de Reiki. Ces hautes vibrations de l'Énergie Universelle, pures et puissantes, purifient et équilibrent le champ énergétique des personnes qui reçoivent le Reiki. Le Reiki est une aide pour une guérison à tous les niveaux : physique, émotionnel, mental et spirituel. Joignez-vous pour vivre l'expérience de la méditation Océan d'Amour pour recevoir les bienfaits de l'énergie du Reiki.

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