

Release stress, build resilience



The heart of my work is helping people reconnect with their own inner guidance. We live in a culture that values thinking above all else, yet our deepest wisdom lives in the body, the heart and the gut. When we learn to step out of the busy mind and into mind-body awareness, our guidance becomes clearer. Decisions feel steadier. Stress reduces. Resilience grows.

The experiences I offer—s therapeutic sound, energy healing, breathwork, movement, and creative expression—are invitations to strengthen that inner connection in ways that can feel natural and accessible. There's no right way and no special skill required. Just curiosity and willingness. I offer to open doors so people can try what resonates in a safe and supportive environment.

Sound, movement, breath, and creative practices for integrated awareness.



I trust that people will seek experiences that resonant with what they need. Many come for a workshop then explore other healing modalities. I offer gatherings for groups- sound baths, drumming/ journeying nights, meditation and breathwork practices.

I see clients one-on-one to share sound in a relaxing, holistic way or to work on a client's chosen issue.

I am glad to bring a class to your location, or a ceremony to honor your space, celebrate the seasons or phases of the moon.

Your group is welcome in my space for a workshop or sound session.

Group events include:

- **Sound Journey** (sound bath)
- ReSet breathwork
- Creating ritual and ceremony
- Healing with sound, tones and words
- Vital energy healing
- Automatic writing
- Visual expression
- Shamanic journeying
- Mindfulness kindness
- Treat yourself well- self-care fun
- Self-care with tuning forks



About me

I grew up in Alliance OH. While I've lived in other areas, I find myself back home and happy for it. I worked as a corp executive but in the early 1990's made a huge shift to working in the healing arts. Since then, I've trained in so many healing, calming modalities all over the world

Energy healing- Usui reiki training- master teacher in 2002, Reconnective Healing, Quantum Entrainment, Ho'oponopono, Emotional Freedom Techniques, Theta Healing, Vibrational Healing, Qigong, and more. I am certified as a Trauma Intervention Specialist by HeartMath. I trained with Dr. Albert Wong, in Somatic Approaches for healing trauma.

Sound therapy- Much of my energy healing practice has included sound therapy. In addition to 30 years of practical experience, I have studied with Jonathan Goldman, Prabha Duneja, Michael Cohen, Ragani, Peruvian and Aboriginal shamans and a kind, wise Lakota holy man.

Meditation- I have meditated since age 18. I have studied many styles and disciplines with teachers and gurus all over the world. My goal is to help students understand that there are many ways (84,000 doors?) to calm themselves and seek wisdom within and allow them to explore and be creative in finding their best practices.

Breathwork- I studied Pranayama in my yoga training thru YogaMu California and Bhakto Yogshala in Rishikesh India. I have a 200 hour certification with the World Yoga federation. I have trained with David Elliot whose work is based in Pranayama, with Scott Schwenk's Ecstatic Breathwork. In summer of 2022, I completed the Hatun Karpay, the Great Initiation in Peru with the Q'ero tribe including many ceremonies at sacred sites and their breathwork practices.

I am also trained as a yoga teacher, work as a musician and composer, and work as a fine artist.

Contact me

I love to meet and talk about possibilities. I often create events to fit a client's needs.

My studio is located at
2585 Easton St NE, Canton. I
am there by appointment



SuniMoon.net - a place to learn more and to book appointments

Contact me at info@sunimoon.net or **message me** at 330-2321888

