

Dance of Joy JULY 10-12, 2026

Women's holistic retreat



PRACTITIONER & PRESENTER BIOS

Please review the various one-on-one sessions that will be available to you & choose the top 4 therapies you might like to experience during your stay. Sessions are \$25 cash, paid directly to the practitioner. We will schedule everyone in for their sessions after the opening blessings



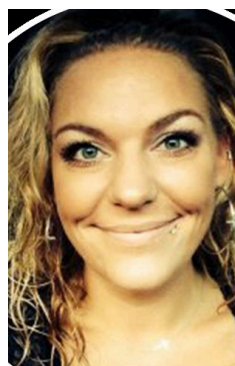
Bonnie Jewell-Baranski, with 30 plus years experience in creating safe, respective circles, will guide us through her workshop: The Masks We Wear. Come out and experience the deconstructing and the rebuilding of our masks. This is not a workshop to make a beautiful mask, but it is a workshop to mine our psychic depths and then to reconstruct the unveiled. We will find our most prominent expression of who we are. This is a deep and freeing experience. Bonnie has been a psychic since age 15 & is owner of Mystic Messages in the Sault. Call 705-971-2574.



Christiane Sgouros will be offering vibrational reiki. Following many years of trying to perform and perfect in an attempt to meet the expectations of others, Christiane took the leap to fulfill her life's purpose. Christiane is an empathetic leader with intuitive abilities, who learned to accept and trust the Universe. She is a vibrational reiki practitioner who was afforded the gift of time to cultivate her passion. She offers workshops, gatherings, meditations and holistic healing serices at Tree of Life North Complementary Healing Centre in Sudbury. www.silverlakeawakening.ca



Michelle Laferriere is the owner of The Raven's Feather, and will be offering energy clearings and tarot card readings. As a holistic practitioner, physical medium, and energy worker, Michelle supports others in tending to their spiritual and emotional wellbeing through several modalities, including Energetic Clearings, Usui Reiki, and Tarot/Oracle readings. She hosts the podcast Spirit Gumbo with CQ, where she blends personal stories, spiritual insight, and grounded wisdom while exploring healing, growth, and the messy, meaningful journey of being human. A creative at heart, she also expresses her craft through her own line of handmade jewelry and candles. Visit theravensfeather.ca or email theravensfeather74@gmail.com.



Victoria Chapman will be offering intuitive readings. She is a SpiritualAwakening/Crisis Practitioner, Energy Medicine/BodyTalk Practitioner, Breakthrough Practitioner, Child/Youth Worker, Quantum Conduit. Miss V is a fiery free spirit who has gained valuable insight by deliberately observing & recording her human journey. In her 20 years in social services she has been intuitively guided to deliver a unique approach to Alternative Mental Health, focusing on Emotional Management & Mental & Energetic Wellbeing. She helps people break through limitations to reclaim & restore their personal power. She offers Insight Sessions, Intuitive Readings, Healing Sessions. walkwithintent@gmail.com (705) 988-2244



Nathalie Fert will be offering intuitive massage & reflexology. She is a Holistic Practitioner certified in multiple disciplines: a Reiki Master, Healing Wicca (master), Divine Feminine, Holistic Massage & Lomi-Lomi. She continues to study in Traditional Chinese Medicine and acupuncture. She works mostly on Manitoulin Island, where she has the honor to work with the First Nations and help with deep trauma. Text her at 705-282-7757. She is the founder of Manitoulin Holistic Hub in Kagawong - your island sanctuary for mind, body and spirit. www.manitoulinholistichub.ca



Candice White is offering womb healing, chakra balancing and alignment, and targeted tuning fork sessions. She is the owner of Sudbury Reiki Clinic, & a compassionate Energetic Womb Healing Practitioner devoted to guiding women on their journey to healing and self-discovery. Using reiki, tuning fork therapy, and yoni steaming, Candice helps women heal their physical or energetic womb, restoring balance, deepening the sacred connection between the heart and womb. Candice creates custom yoni steams tailored to each woman's unique needs. She brings wisdom, warmth, and care to her practice, creating a safe and nurturing space for transformation and empowerment. To learn more or book a session, visit her Facebook page, Sudbury Reiki Clinic, or www.sudburyreiki.ca.



Sari Huhtala will offer Reflexology, Indian Head Massage, Reiki & Craniosacral Therapy. Despite many travails, since 2001, she has held an unwavering commitment to conscious living through daily spiritual practices: chakra balancing, womb healing, dance, yoga, ceremony and ritual, and the study of shamanism. As a holistic chef and wildcrafting guide, nourishment through food & natural medicines is at the heart of her daily life. She created Alive & Fit Magazine in 2007, and has 30 years experience as a fitness professional. She is a certified Indian Head Massage Practitioner & Craniosacral Therapist & reiki practitioner, and is completing her reflexology certification. She began organizing Dance of Joy retreats in 2011. She is a mummy, an organic gardener, a shepherdess & chicken & duck mama who lives deeply from the soul. www.aliveandfit.ca --- www.thelaughingforest.ca --- 705-662-1469



Crystal Mokohonuk is offering "Wholistic Flow," an intuitive connection to the mind, body & Spirit. She is Certified in Reiki, MTVSS, Access Bars, Genuine Head Massage, Raindrop, Trapped Emotions, Shamanism studies, Mental Health and Addictions. "Wholistic Flow" is a guided intuitive, heart to heart, safe space for vulnerability to be present in one's wholeness & connection to our present self, mentally, physically, emotionally and spiritually. Crystal has been the owner of Awakening Lotus Wellness and Sacred Gems since 2016. She is currently working in a First Nation's community, for the past 4 years in Mental Health and Addictions, and is also a practitioner at the Manitoulin Holistic Hub in Kegawong. Crystal can be reached at 705-863-3433

**Register for Dance of Joy. Call Sari at 705-662-1469
or email friends@thelaughingforest.ca**

Dance of Joy Schedule



Friday, July 10, 2026

Arrival between 9 a.m. and 10 a.m.

10 a.m. Opening blessing and smudging, and holistic snacks

11 a.m. Workshop: Rewilding your spirit

1 p.m. Holistic lunch

2 p.m. One on one practitioner sessions or free time: nature trails, beach & forest

5:30 p.m. Divine food feast

7:00 p.m. Sound bath meditation & self-nurturing ceremonies

8 p.m. Fireside drum circle

Saturday, July 11, 2026

8 a.m. Chakra Flow: Activating & balancing chakras through gentle guided embodied movement that awakens your soul & strengthens your spirit.

9 a.m. Holistic breakfast

9:30 a.m. – 10 a.m. - **Arrival (all who are registered for July 11 or July 11-12)**

10 a.m. Opening blessings

11:15 a.m. One on one practitioner sessions/free time

12:30 p.m. Holistic lunch

1:30 p.m. Workshop: The Masks We Wear
Holistic snack

4:30 p.m. One on one practitioner sessions

6 p.m. Divine food feast

7 p.m. Group energy healing

8 p.m. Fireside drum circle



Sunday, July 12, 2026

7:30 a.m. Sunrise pipe ceremony

9 a.m. Holistic breakfast

10 a.m. Chakra Flow

11 a.m. Wombercise Workshop

12 p.m. Holistic lunch and CELEBRATION OF OUR SPIRIT AS SACRED WOMEN

1:30 p.m. One on one practitioner sessions/free time

3:30 p.m. Completion

Prices include all holistic meals & snacks & shared accommodations in a yurt, bunkie or a cozy trailer. Contact Sari at 705-662-1469 or at friends@thelaughingforest.ca to register.

◆ **1-day** (no overnight stay): \$159 (plus tx) ◆ **2-day**: \$259 (plus tx) ◆ **3-day**: \$359 (plus tx)

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