

NICOLE DEVANEY

ENGAGING THE INTERCONNECTED WISDOM OF BODY, MIND, SOUL, & NATURE | CO-CREATING AUTHENTIC LEADERSHIP & ALIGNING US WITH THE ANCIENT MEDICINES OF LIFE | INSPIRING LIFE'S PURPOSE THROUGH STORY & LAUGHTER

PROFESSIONAL PROFILE

Leading Holistic Self-Love Awareness - Over 20 years guiding individuals to discover motivation through self awareness, leading life in alignment and reciprocity with nature and the wisdom of the body. As we integrate foundational principles of health, the decision to heal becomes a deep desire to accept ones path fully. Inspiring impact, planting seeds of awareness, mentoring authentic approaches to self-love, healing, in playful communication and advanced lifestyle leadership to support individual development, all of which starts from within.

Integrated Education and Mentorship - Integrating foundational principles, guiding students and clients to develop the innate intelligence of body, mind, and soul. True mentorship evolves by listening and responding, teaching through relation to life, felt presence, and applied wisdom received. Inspiring students to heal, infuse excitement in all they do, and be a catalyst in every life they touch.

The “How To” Movement in Conscious Lifestyle Impact - Approach lifestyle intentions by teaching how to reframe the mindset in everything we do. Implementing an understanding and rhythm of “how to” do the things we each need to do to enhance our ability to show up for business, relationships, advance our awareness, our impact on the world, and provide conscious advantages. The mindful energy we infuse into everything we do engages every cell in our body with life, and from a place of appreciation we discover what is true for you.

Professional Speaking, Teaching Through Story, & Retreat Leadership - Motivate individuals and communities through presence, enthusiasm for life, story and laughter, meeting each individual with creative and inspired curiosity. Nurturing personal growth and awareness, these leading foundations align us with intuitive clear guidance, cultivating lifestyle integrity, co-creative networks, and solutions with life. Highly respected community leader of CHEK Foundations and teaching life practice integration in collaboration with one another.

*Lead and Inspire | Intuitive Energy Work | Design Health & Healing Strategies | Vision | Holistic Growth
CHEK Practitioner | Shamanic Guidance | Mentoring | Professional & Motivational Coach | Public Speaking
Lifestyle Awareness | Retreat & Event Leadership | Professional Writing*

PROFESSIONAL EXPERIENCE

Faculty Instructor | Educator | Mentor

2016 - Present

CHEK Institute, Salt Lake City, Utah & San Diego, California

As a leading International Institution, the CHEK Institute offers the opportunity to live in harmony with the foundations of health, dreams, and what it means to be whole. Teaching strategic lifestyle approaches to strengthen body, mind, and soul awareness, lifestyle and personal development platforms. Recognized for advanced expertise and quality in providing foundations that enhance and enrich life experience by supporting people in holistic lifestyle solutions. Cultivating the lifelong foundational powers of engaging us in the ancient story of why, and how this impacts our interactions with self, one another, and the world around us.

- Lead and advocate holistic thought leadership and lifestyle awareness.
- International mentor, lifestyle professional, practitioner, instructor, and coach.
- Work closely with faculty and leadership to mentor, build, and support students, designing and developing strategies to deliver regenerative education and lifestyle models through the people.
- Teach by weaving spirit and intuition together through a broad scientific foundation and holistic principles.
- Collaboratively design foundational teaching models through ongoing lifestyle and personal development coaching.
- Teach Integrated Movement Science level 1 and Holistic Lifestyle Coaching level 1 & 2 nationally.
- Host Webinars for students worldwide on various topics in health, spirituality, energy, and herbal healing.
- Collaboratively film online educational courses used for international institutional platforms.

- Implement teaching strategies to actively engage students in the story of learning while maintaining informative education.
- Deliver high end professional speaking, teaching, and writing on inspirational topics, providing motivation, direction, and knowledge to apply in life.
- Liaison for students in courses and programs taught, maintaining mentorships and ongoing relationships.
- Co-create integrated social networking, mentoring international students, and utilizing social media platforms for growth.
- Implement and teach holistic lifestyle awareness strategies with globally recognized methods.
- Work closely with faculty teams to continuously improve programs and analyze effectiveness.
- Identify areas of growth, propose and co-create solutions to ensure and align students with the mission, culture, and values of the institution.
- Collaboratively ensure coordination with local and international faculty and students to build meaningful experiences and relationships.
- Work closely with leadership to ensure maximizing opportunities and cultivate student relationships, while co-creating healthy learning environments.
- Inspire students to think versus be told, empowering knowledge, awareness, and the capacity to pull on intuition and marry it with what they know.
- Ensure access to educational resources and information through teaching, mentoring, and engaging students in creating lifestyle practices that integrate a new understanding of being and value based culture.

CHEK Practitioner | Holistic Training | Independent Coach

2011 - Present

Nicole DeVaney LLC, Salt Lake City, Utah

Private Practice | Iron & Salt | Square One Fitness

Nicole DeVaney offers advanced expertise in Holistic Lifestyle Coaching, integrative therapeutic modalities, and intuitively identifies specific needs of clientele. With a focus on CHEK Methods and a broad range of international techniques, Nicole weaves together ancient teachings with foundational practices for whole body alignment, mindful presence, and intuitive listening. Interconnecting body awareness consulting and industry leading practices, Nicole teaches the ability to tune into ones own soul guidance.

- International CHEK Professional and Life Coach.
- Create unique opportunities through cross-utilization of specialties and integrated lifestyle approaches.
- Utilize CHEK assessments and evaluations, design individual, corrective, and movement programs.
- Evaluate extensive intake forms for current lifestyle habits, emotional states, trauma, and stress levels.
- Provide scientific measurements and a broad range of assessments to evaluate body alignment, body signals, and movement awareness.
- Provide functional medicine testing, psychological and emotional training, energy and ceremonial work.
- Utilize medical questionnaires to assess the relationship with organs, hormonal, and emotional imbalances.
- Educate clients on how diet, quiet time, movement, and happiness all contribute to a holistic approach in health and wellbeing.
- Teach self-love practices, energy management, and learning how to work with the 4 Doctors.
- Work with athletes, families, businesses, group dynamics, and individual clients locally and internationally.
- Create courses and workshops, educating and supporting clients on a path to life-changing clarity.
- Integrate a combination of scientific literature with intuitive guidance aligned with each clients life path.
- Collaborate with specialists to integrate focused attention on each clients needs.
- Educate clients on proper methods of strength and fitness training.
- Strength trainer for the University of Utah Women's Lacrosse Team in 2014, winning Regional championships and second place nationals.
- Freelance writer for Catalyst Magazine.
- Specialize in biofield tuning and energy work to unwind deeply held, stagnant, or stuck qi, integrating specific vibrational frequencies for harmonized alignment and flow in the body.
- Teach a variety of workshops on subjects such as fermenting foods, methods of internal cleansing, happiness and wellbeing, strength training and more.
- Coach clients on nutrient dense, regenerative, and organic sourcing, connecting people with real food.
- Maintain client records, continually reevaluating progress to ensure clients align with health, fitness, and life development goals.
- Coach individuals to identify values, develop individualized strategies, recognize the importance of holistic lifestyle awareness, and embrace feminine and masculine embodiment.

- Align clients with their legacy, integrating lifestyle approaches that support dream manifestation, in business, relationship, as well as mental and physical.
- Lead clients through nutritional development, motivating and mentoring individuals, groups, and communities.
- Create marketing material, website and brand messaging through integral impact marketing and lifestyle imaging.
- Professional Speaking for local and national business groups, nonprofit organizations and charities, retreats, women led groups, and empowerment conferences.
- Ensure all financial priorities align with core values, vision, and the greater legacy of life.

Shamanic Guide | Herbalist | Experiential Immersion Leadership

2015 - Present

Consulting, Coaching, Guiding, Nicole DeVaney LLC, Salt Lake City, Utah

Shamanic and ancient teachings hold foundational models in approaching personalized and therapeutic coaching, engaging individuals and communities in identifying unconscious patterns and barriers to living life whole and complete. Coaching in these realms offer presence with our core values, the opportunity to thrive in alignment with soul connection, and the natural world. Co-creating experiential immersive opportunities enrich how we interact with our community, cultivating and teaching a holistic approach to understanding life. As we integrate these new and ancient ways of being, we are able to show up more whole and complete with everything we do in life, and with one another.

- Weave spirit and intuition into a broad foundation of science.
- Identify and integrate the power of our belief systems and our subconscious mind.
- Teach the wisdom and value of plant medicines handed down through generations.
- Observe patterns of life, the large and small details, carefully listening to the intuitive nature of healing.
- Define and teach what it is to support women with practices and tools, and be embodied in our daily lives.
- Work intimately with herbalism, the plants and life around us as guidance.
- Collectively bring individuals into an integrated state of wholeness, resolving ancestral wounding, generational programs, limiting beliefs, emotional blocks, energetic exchanges, and more.
- Co-produce New Moon Woman, a non-profit organization for the empowerment of women.
- Lead experiential retreat coordination, logistics, co-create set and setting, and guide each event through the Medicine Wheel of Life.
- Work with story as medicine and the soulful, essential psychic ties to the natural world.
- Engage clients and communities in the power of our belief systems and our subconscious mind.
- Weave together universal teachings of our connection to the integral and instinctual elements of nature.
- Co-produce and establish foundations for thriving educational events, encouraging people to be involved with and aware of reciprocity with life by designing lifestyle, art, music, real food, and body awareness.
- Design and cater high end regenerative, biodynamic, organic food for each event, integrating educational elements to highlight sourcing, nutritional profiles, and global impacts through the choices we make.
- Teach how to carry on, in right use, the body of healing knowledge passed down through traditions.
- Co-create opportunities for women to feel with every cell of their body, celebrate the feminine, listen, nurture, trust our core nature, and receive life.
- Implement movements that connect us with our innate rhythms, ancient culture, and authentic soul path, and developing collective communication plans to measure the impact and success each experience creates.

Chief Executive | Mentor | Movement, Dance, & Body Awareness Consultant | Choreographer 2007 - 2014

Goddess Arts Academy, Private Coaching, Salt Lake City, Utah

As a leading influencer in movement therapy and body awareness, Nicole DeVaney provides opportunity for women to connect with their intuitive nature and senses. Approaching dance, movement, and guidance by defining the energy or qi we move. Nicole teaches how the energy we move out or breathe out is reciprocated, fueling audiences and one another based on our energy. These platforms provide a powerful understanding of the feminine or yin energy within. Movement Therapy addresses core principles of body stewardship, personal, mental, and physical wellness, empowering individuals to connect with self, our senses, and build foundations through movement immersion. Nicole designs and facilitates dance and movement programs to grow as individuals and create lifelong lifestyle changes.

- Specialized in movement practices and techniques, guiding women to identify self-awareness through the body and manage long term life goals through learning self-guidance.
- Taught the importance of nutrition, conscious relationship with oneself, as well as understanding masculine and feminine dynamics.
- Integrated yoga knowledge, lifestyle foundations, and breath work with movement therapy.

- Founded and successfully opened Utah’s first pole fitness studio.
- Lead a movement to reveal and heal taboo, designing movement as a product of desire, allowing women to fully express the self on the pole or dancefloor.
- Designed pole fitness classes for diverse skill and strength levels.
- Managed class schedules and hired qualified instructors to teach classes five days per week.
- Directed business logistics, finances, ensured quality environments, cleanliness of studios, and equipment.
- Provided comprehensive guidance and consulting through personal development and relational skills.
- Integrated educational self-care techniques and practices, interpretive movement experience, body awareness, and environmental connection to create awareness and nurture relationships.
- Created movement opportunities, guiding individuals through unique approaches to movement practices.
- Guided women in the freedom of feeling confident in the expression of their sensuality and to know that beauty is found within.
- Choreographed expressive dance and spoken word performances, effectively promoting expansive awareness, ideas of sensuality, sustainability woven with natural elements of earth, air, fire, and water.
- Engaged exotic dancing as an opportunity to teach approaches to honoring sensuality and connect with populations of women to expand collective awareness and re-orient our understanding of sensuality.
- Managed, Promoted, and marketed burlesque troupe performances, events and logistics.
- Performed at sustainable living and arts festivals.
- Designed beautiful and unique costumes paired with choreography, contributing to themes supporting nature and sustainability.
- Developed intuitive approaches to body movement, guiding women to understand what it feels like to be in flow and embody how we weave with our environment.
- Integrated rituals to honor self-love and life through dance.

EDUCATION | TRAINING | MENTORSHIPS

Fellowship , Alberto Villoldo, Gathering of the Shamans, Insight Events USA, Sedona	2023
Celtic Shamanism Training , Personal Empowerment, Finite Ways, Salt Lake City, Utah	2022
Mentorship , Omar Quantum Soul Journey Shamanic Training: Authorized Custodian, Utah	2021 - 2022
Mentorship , Aum & Omni Shamanic Training: ONAC of Laniakea Authorized Custodian	2014 - 2021
Craft Herbalism , Green Thread Herbs 250 hour course, Salt Lake City, Utah	2019
Master Practitioner , CHEK Institute, California	2018
Biofield Tuning Practitioner , Foundations Training, Biofield Tuning	2018
Four Quadrant Coaching , CHEK Institute, California	2017
Certified Practitioner, Integrated Movement Science (IMS) Level 5 , CHEK Institute, California	2017
Certified Practitioner, Integrated Movement Science (IMS) Level 4 , CHEK Institute, California	2016
Journeys of Wisdom , Holistic Coach Training and Certification	2016
Personal and Professional Spiritual Mastery (PPS) Success Mastery , CHEK Institute, California	2015
Certified Practitioner, Integrated Movement Science (IMS) Level 3 , CHEK Institute, California	2015
Holistic Lifestyle Coaching (HLC) Level 3 , CHEK Institute, California	2014
Certified Practitioner, Integrated Movement Science (IMS) Level 2 , CHEK Institute, California	2014
Holistic Lifestyle Coaching (HLC) Level 2 , CHEK Institute, California	2013
Certified Practitioner, Integrative Movement Science (IMS) Level 1 , CHEK Institute, California	2012
Holistic Lifestyle Coaching (HLC) Level 1 , CHEK Institute, California	2012
Yoga Training , 15 years Yoga practice, Hatha, Ashtanga, Kundalini, Bikram,	2000 - 2011
Certified Theta Healing Practitioner , Theta Healing, Idaho	2001 - 2003
Reiki Certified Level 1 Practitioner , International Association of Reiki Practitioners	2002
Business and Accounting , Salt Lake Community College, Salt Lake City, Utah	1997 - 1999
Licensed Minister of Health , Turtle Island, The Pastoral Association of Monastic Medicine	2022 – Present

AWARDS AND HONORS

Local Utah Champion, Bishnu Ghosh Championships – International Yoga Asana	2005
International Cover Model, Advocate and Speaker for the legalization of Cannabis, Hightimes	1999 - 2003

PROFESSIONAL ORGANIZATIONS | COMMUNITY ACTIVITIES | MEMBERSHIPS

Founder, New Moon Woman (7 Years Running), Non-Profit Organization
Faculty Member & Course Instructor, CHEK Institute
Planning Committee, Remember Collective & Women's Retreats, Connecting Women With Ancient Teachings
Facilitator, Winter Women's Annual Gala's
P2 Paraglider, Utah Paragliding & Paraglide Maui, 7 years
Member, Women's Business Center of Utah

TEACHING | PRESENTATIONS | PROFESSIONAL SPEAKING | PODCASTS | EVENTS

Teaching

Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2023
Carl Weston, Nicole DeVaney, Integrated Movement Science (IMS) Level 2, CHEK Institute, California, 2022
Nicole DeVaney, Holistic Lifestyle Coach (HLC) Level 1, CHEK Institute, California, 2022
Nicole DeVaney, Holistic Lifestyle Coach (HLC) Level 1, CHEK Institute, California, 2022
Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2022
Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2022
Nicole DeVaney, Holistic Lifestyle Coach (HLC) Level 1, CHEK Institute, California, 2021
Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2021
Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2021
Nicole DeVaney, Holistic Lifestyle Coach (HLC) Level 1, CHEK Institute, California, 2020
Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2020
Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2020
Nicole DeVaney, Corner Canyon Weekly Facilitator, Assisting Rehabilitation Through Nutrition 2019-2020
Nicole DeVaney, Holistic Lifestyle Coach (HLC) Level 1, CHEK Institute, California, 2019
Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2019
Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2019
Nicole DeVaney, Holistic Lifestyle Coach (HLC) Level 1, CHEK Institute, California, 2018
Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2018
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Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2017
Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2017
Nicole DeVaney, Accurate Accountability Outpatient Facilitator, Rehabilitation Through Nutrition 2016-2017
Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2016
Nicole DeVaney, Integrated Movement Science (IMS) Level 1, CHEK Institute, California, 2016
Nicole DeVaney, Meditation Class – Timeless Tuesdays – 6 months 2015 - 2016

Courses Created:

Nicole DeVaney, Zen And The Art Of Natural Skin Care, April 2018. Online Course: <https://www.udemy.com/course/zen-and-the-art-of-natural-skin-care/>

Workshops:

Nicole DeVaney, Primal Woman: movement medicine, a conscious experience of the energy behind strength training for women. Iron and Salt, Salt Lake City Utah. 2018
Nicole DeVaney, Children's Class, Nicki D's Happy Meals, Salt Lake City Utah. 2018
Nicole DeVaney, Sweets for Your Sweetie - Tell Your Partner How to Love Them, Iron and Salt, and Redmond Heritage Farm, Salt Lake City Utah. 2018
Nicole DeVaney, Caveman Feast – Antifungal Turkey Dinner, Redmond Heritage Farm, Salt Lake City, Utah. 2018
Nicole DeVaney, Sound Healing - Tibetan Bowls, Iron and Salt, Salt Lake City Utah. 2017 - 2018
Nicole DeVaney, Cleansing Salt Lake City Utah. 3 Live Classes. 2016 - 2018
Nicole DeVaney, Caveman Feast – Antifungal Turkey Dinner, Redmond Heritage Farm, Salt Lake City, Utah. 2017
Nicole DeVaney, Cleanse - Release: A Collective Detoxification Experience. (2 month group cleanse). Salt Lake City, Utah. 2017

Nicole DeVaney, Chi Gong Classes – 3 Salt Lake City Utah. 2016 - 2017
Nicole DeVaney, Pelvic Floor Strengthening Workshop for Women, Iron and Salt, Salt Lake City, Utah. 2015 - 2017
Nicole DeVaney, Probiotics for Pennies – how to age our foods like our ancestors, Salt Lake City Utah. 2016

Webinars:

Nicole DeVaney, I QUIT: Addictions and Leaning The Chemical Ties To Our Diet and Also Our Lifestyle That Lead Us In A Loop That We Keep Doing Even Though We Know They Are Not Good For Us. CHEK Institute. 2023
Nicole DeVaney, The 4 Pillars of Successful Entrepreneurialship. 2022
Nicole DeVaney, Healing Herbs. CHEK Institute. 2021
Nicole DeVaney, Toxic to Tonic: Understanding the Chemicals in Our Household and How to Easily Shift to Products That Are Natural and In Our Cabinet. CHEK Institute. 2020
Nicole DeVaney, Kiss the Cook, Honoring The Importance of Having A Relationship With Your Kitchen Or The One Who Uses It. 2019
Nicole DeVaney, Mind Full To Mindful, How Rest and Introspection Can Lead To A Healthy Happy Life. 2019
Nicole DeVaney, Jane Does More Than Train: Teaching Health Professionals How to Understand The Woman's Cycle Not Only In The Gym But In Life. CHEK Institute. 2018

Video | Voice:

YouTube Channel @thehowtohealer	2020 - Present
Matt Walden, Nicole DeVaney, Swiss Ball Course, CHEK Institute, California	2022
Meditation Series with CHEK institute & Smile music	2022
CHEK Academy Business Building Series	2017
Recording - Just Breathe, https://www.nicoledevaney.com/just-breathe-meditation	2022

Podcasts

Nicole Moneer, Nicole DeVaney, "Awakening The Goddess Within." The Holistic Healing Experience, Episode 40, April 26, 2023. LINK: <https://www.youtube.com/watch?v=vr6AQvB16l4>

Leigh Brandon, Nicole DeVaney, "Healing Beyond The Physical." Episode 32, Radical Health Rebel, March 20, 2023. LINK: <https://radicalhealthrebel.buzzsprout.com/1986889/12274836>

Nicole DeVaney, Janae Anderton, Annie King, "Goddess Roundtable." Mormons On Mushrooms, Episode 112, October 12, 2022. LINK: <https://www.audible.com/pd/112-Goddess-Roundtable-w-Janae-Anderton-Nicole-Devaney-and-Annie-King-Podcast/B0BGWTY6N6>

Amy Fournier, Nicole DeVaney, "Living In Your Goddess Nature: Cycles of Womanhood and Cultivating Sacred Selfishness." Episode 90, Awakening Aphrodite. April 12, 2022. LINK: <https://podcasts.apple.com/us/podcast/90-living-in-your-goddess-nature-cycles-of-womanhood/id1536211327?i=1000557227212>

Nicole DeVaney, Amy Fournier, Jo Rushton, Ashley Mazurek, Angie Chek, Sara Gustafson, "The Women Take Over." Living 4 D, Episode 112, CHEK Institute, November 24, 2020. LINK: <https://chekinstitute.com/podcast-episode-notes/ep-112-the-women-take-over/>

Kirsti Pratt, Nicole DeVaney, "Feminine Energy and Her Power." Kirsti Pratt Podcast, Episode 05, May 31, 2020. LINK: <https://open.spotify.com/episode/1z1a36y5qj3KNOnUq8qWCU>

Ashley Mazurek, Nicole DeVaney, "Season of a Woman". Balanced Body, Episode BBe19s2, March 19, 2019. LINK: <https://open.spotify.com/episode/6Q222h756cxa7LASI4GFaf>

Paul Chek, Nicole DeVaney, "Breast implant Dangers." Living 4 D, Episode 08, CHEK Institute, January 22, 2019. LINK: <https://chekinstitute.com/podcast-episode-notes/ep-08-nicole-devaney/>

Nick Horowski, Nicole DeVaney, "Salt Lamps, Super Salads, and The Sacred Feminine." BareNaked Health Podcast, Episode 94, January 11, 2017. LINK: <https://www.barenakedhealthpodcast.com/episode-94/>

E-Books:

Nicole DeVaney, New Year New You: 1 Year Seasonal Cleansing With Herbal Medicines and Food. 2016

Nicole DeVaney, The Beauty of Balance: Dream Creation Book and Organization of Action. 2017
Nicole DeVaney, Cook Book Caveman Feast: Paleo Recipes for a Holiday Dinner. 2018

Events:

Nicole DeVaney, Remember Summer Retreat 2023: ReWild, Rushing Waters Retreat Center, Centerville, Utah.
Nicole DeVaney, Fall Remember Retreat 2022: Revival, Rushing Waters Retreat Center, Centerville, Utah.
Nicole DeVaney, Remember Summer Retreat 2022: ReWild, Rushing Waters Retreat Center, Centerville, Utah.
Nicole DeVaney, Winter Woman Land, Women’s Winter Gala 2023, Remember Retreats and New Moon Woman Collaborative Partnership, Winter WomanLand, Women’s Literary Center, Salt Lake City, Utah. 2023.

Additional Events Available Upon Request

PROFICIENCY AND EXPERTISE

Microsoft Office: Intermediate
Pages: Advanced | Business Application
WIX Website Design: Intermediate | Business Application
Google Drive: Intermediate | Business Application
iMovie: Intermediate | Business application

PROFESSIONAL REFERENCES

PAUL CHEK

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