

Creative arts expression, indigenous knowledge, family systems constellations and ancestral healing practices.

I work with nature, dreams, creative arts expression, indigenous knowledge, family systems constellations and ancestral healing practices. To offer appropriate ritual and process for individuals, communities and organisations through either one-on-one consultation, mentorship, group workshops, ceremonies or pilgrimage.

I have a degree in Communications Science, am a graduate of African Constellations and adopted into the medicine practice of the Dagara people of West Africa. My work supports people and projects to align to purpose, stay whole while moving in the direction of love.



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Ps. My admin days are Monday and Tuesday. The rest of the week I am in the field and mostly offline. Should you need an urgent response on a matter please send me a request via text message and I will attend to the request in a suitable break.