



Lynne Harley
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Lynne has enjoyed a professional career in Health, Social Work and Transformational Coaching. A breast cancer diagnosis in 1997 and then again in 1999 brought significant changes to Lynne's life. Lynne is currently self employed (www.cognitivefmc.com) as a Mental Health Educator and Coach. Her business, Cognitive FocusedMIND Coaching was born out of a desire to share with others, how the principles of thought, consciousness and MIND, gifts within us all, create our human experience. "I believe that we are all born with and possess innate mental health, wisdom and well being. I am seeing that it is only the innocently misuse of thought that takes us out of our innate well-being. I believe that lasting and significant "change" must come from within, from our own insights and consequently new ways of "seeing". In addition to coaching and facilitating transformational workshops, her most recent studies are leading her to "energy healing through sound and vibration". Lynne currently resides in Saskatoon with her husband Garry. They've been blessed to share a blended family of six children and are now experiencing the joy of being grandparents. Lynne enjoys time with family and friends, physical activity and time spent in nature; creating art; and practicing of yoga and meditation. Recently Lynne became certified to teach yoga. In addition to coaching and facilitating a regular Gongbath Immersion Meditation in Saskatoon, Lynne hopes to share Chakra Gong Yoga and Yoga Nidra with others in the future.