



Leslie Fell

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For information regarding locations
and fees please contact Leslie directly.

My education began with a degree in Rehabilitation Medicine (O.T.) and a Masters in Community Health. Extensive studies and travel across the world expanded my awareness and understanding of mindfulness, inquiry, indigenous practices and the healing aspects of nature. It also provided me with the opportunity to learn and experience an array of transformational traditions, modalities and practices while studying and working with diverse individuals such as Byron Katie, Dr. Malidoma Somé, Elder Vern Harper (Cree) and Mandaza (Shona).

I am certified in practices of mindfulness and The Work of Byron Katie. Called to foster well-being and inner peace, live more authentically, simply and sustainably and to share my knowledge and experience, I offer the following services:

- Retreats (mentored and self-directed)
- Private one-on-one mentoring sessions
- Workshops
- Journeys/Pilgrimages
- Speaking Engagements
- Consulting Services

Modalities include mindfulness, dream work, divinatory tools, indigenous practices, rituals/ceremonies, quests, the process of "inquiry" (the work of Byron Katie), the creative arts and reconnecting with nature.

In the heart of Northumberland Hills, Ontario, I've created a sanctuary space, Fells Meadows that warmly invites individuals and groups to be in self-directed or mentored retreat. I also founded "Living Ways": Sanctuary for What Matters, a non-profit dedicated to creating a more hopeful, compassionate and sustainable world.