

My name is Dawna Woodliffe and I am 68 years old. Over the years of my life I have seen more than a few counsellors and at the time I always looked for someone who could help me find and continue on my path. Not an easy task! I have been seeing Kristina for over five years now and she has helped me through some difficult times including the death of my mother. Kristina is a person I can cry with but also laugh with. Even more though, she has nourished my spirit and soul with her insight and warm energy. I believe that Kristina is genuinely excited about my thoughts and dreams. I come away from her believing that it is vital for human beings to have a full and meaningful life no matter what their age. Kristina treats others with respect and honour and when you walk into her space you feel that immediately. Once you meet Kristina you will understand how much more there is to you than what shows on the outside. She truly is a gifted person who has guided me in my search for a simple, healthy, accomplished life; a life in which each person, no matter where they are starting from, can see their way forward and can continue to grow. I consider Kristina a teacher, spiritual guide and a friend but also someone who is on her own journey and fortunately, her journey and mine are intertwined. Thank you, Kristina.

Dawna Woodliffe