

## DEBORAH ROBERTSON - BIO

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### MEDITATION FACILITATOR

**Meditation** practices are gaining attention in our communities as one of the healthiest and simplest ways to work through everyday stresses while encouraging balance in our lives.

**Deborah Robertson** brings uniqueness not only in her delivery but also in the focus and source of expert content as she *walks with* new and seasoned practitioners through each meditation session.

**Deborah Robertson** has been a facilitator of the practice of meditation since 1986. As the daughter of a Métis mother and a father of Russian/Ukrainian/Mongol descent, Deborah incorporates traditional teachings shared by the Elders and Ancestors from both North American and Eastern Asian philosophies along with teachings from the following formal instructors:

- Gil Fronsdal of the Insight Meditation Centre.
- Dr. Zhi Gang Sha , founder of the Institute of Soul Healing and Enlightenment.
- Masaru Emoto, author of *Messages from Water*

**Facilitator:** Classes and workshops delivered in college and university programs (nursing, midwifery, fitness and leisure, child and youth worker, and early childhood education), health care institutions, and community wellness programs throughout Ontario.

- *Meditation*
- *Stress Release and Management*
- *Holistic Wellness*

#### Awards

- Achievement Award from the Presidential Advisory Committee on the Status of Women – Laurentian University -2008
- Governor General's Caring Canadian Award - 2009

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*We are all related. We all help each other. This is life!*