



## **LaDonna Goshow**

Yoga Instructor, Reiki Master, Life Coach

### **Health & Healing**

LaDonna has taken her 10 years working with families as a Family Support Specialist, her background as an artist and a vocalist, her love of creativity, movement and dance, and let it lead her to including the body and spirit with the mind in the process of health and healing.

### **Certified Yoga Instructor**

LaDonna went on to receive her 500-hour yoga certification, learning about ancient healing practices and therapeutic yoga along the way.

### **Life Coaching**

Her 2014 certification in Life Coaching and Reiki Master Certification gives LaDonna a well-rounded and grounded alternative treatment for recovery and healing, as well as tools for aligning with personal, relational or career intentions.

Her belief in the resilience of the human spirit and strength-based approach creates a safe space to heal, to just be, and for personal transformation.