



If you could only see how many answered prayers you have within your hands, you would never fear the future, you would never fear what's next.

BRIANNA WIEST

Holly Drz

ENERGY MEDICINE

Mama Medicine Apprenticeship 2024

- *Original Essence Development & Offering*

The Four Winds - Light Body School 2019

- 300+ hour shamanic practitioner training
- Two-week intensive women's energy medicine training in the Andes mountains of Chile
- Design and hold custom ceremonies / rituals to help individuals cross into new thresholds of their lives, selves, relationships and businesses

The Alchemy Home - 2022

- 10-month shamanic practitioner training through The Alchemy Home

YOGA

The Space - YTT Spring 2023

- 200 hour YTT - Hatha & HIIT Yoga Instructor
- A Certified Yoga Alliance Training
- Comprehensive training of asana, pranayama, meditation and practice of instructing

Kundalini - YTT 2017

- KRI-Accredited Kundalini Yoga Instructor
- Completed 240+ hour instructor training
- RYT 200 Yoga Alliance member

LIFE + SOUL COACHING

Soul Space - 2014 - present

- 300+ hours of coach certification trainings
- Introduction to Soul Coaching
- Advanced Soul Coaching
- Soul of Business Coaching
- Co-Facilitator in Intro to Soul Coach Training