

# SUSAN DRURY

## Spiritual Mentor & Meditation Teacher

With a background in homeopathy and craniosacral work, Susan teaches The Tao, meditation, and practical shamanism.

Her work supports people in discovering their own pathways to healing and awareness through unique teachings and guided meditations.



Transformational Keynotes - Retreats - Workshops

## Inspiring Events

### **Rewiring the Nervous System Through the Wisdom of the Heart**

A powerful experiential workshop exploring heart coherence and nervous system balance through mindfulness, somatic practice and spiritual teachings.

### **The Enlightened Body – Rewiring to Love**

A retreat experience to embody presence, healing, and inner light through mindfulness, somatic practice and spiritual guidance.

### **Finding Inner Peace**

Talk and meditation practice on cultivating stillness and clarity amid change.

“Susan is one of the most compassionate, masterful and wise teachers I have ever had the pleasure of working with.”

— Kim Newing

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