

Shannon Henley



Hi! I'm Shannon - mother of two and lover of of this beautiful world. I'm a certified teacher who has found joy in unconventional education. I love spending the day outside with children and seeing their growth and observing the magic in them. I have completed courses in Mindfulness Based Cognitive Therapy and Mindfulness of Difficult Emotions, as well as attended a two-week vipassana retreat. I have come to know myself better through meditation and I aim to help others discover what meditation can do for them. Mindfulness and forest school align very well with my belief in peaceful parenting. I have a passion for homesteading, simplicity in life, and the theatre! I am always trying to find more ease in my life, and more self-love. I believe that honoring our own feelings, and bringing compassion to ourselves increases our capacity to care for others. May you be happy. Namaste.