

Rest, Renew, and Rise: Practices for Living a Resilient Life

Meet our Team

Vickie MacArthur



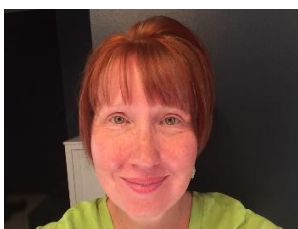
Vickie MacArthur fell in love with yoga as a spiritual practice in the 1990s and went on to develop a daily practice that has sustained her through life's inevitable ups and downs. Both her practice and teachings have evolved from the vibrancy of an active flow-style practice, to the restful peaceful presence of a deeply restorative practice. Vickie has a passion and a gift for teaching the "Art of Slowing Down" in a world that is constantly speeding up. She teaches smaller, personalized yoga and meditation classes to help people deal with complex health challenges, including cancer, fibromyalgia, chronic pain, depression, and anxiety. In 2020, Vicki finished a two-year training program with Pacific Jubilee to accompany and support people on their spiritual path. She teaches through her studio www.spiritinmotionyoga.com and is a sought-after teacher for workshops and classes in Alberta, on the West Coast, and online.

Jeri Mortimore



Jeri Mortimore has been meditating for about three years and journaling for about fifty. She is a writer by temperament and earns her living fundraising for a behavioral health treatment center in Washington State.

Kat Goheen



Kat is a minister in the Community of Christ and a Spiritual Director trained in the Pacific Jubilee Program.

Patti Beer



Patti gently pushes our group towards the science of meditation and positive effects from the natural world. Her unique perspective comes from having spent her career as an animal care specialist. From a young age she has been fascinated with nature and it plays a central role in her life.

She is a senior aquarium biologist for the Vancouver Aquarium in the role of Jill-of-all-trades at a satellite exhibit at the Vancouver International Airport YVR.

Working with the Burrowing Owl Conservation Society of BC for almost 30 years in a volunteer capacity, SCUBA diver – exploring many underwater locations around the world, sitting in a tree as sanctuary through her childhood for much of her time in a family of 9, have all created a situation where creatures and nature wrapped Patti up in a way that couldn't be denied.

She advocates for climate action, sustainability, circularity and much more in her spare time. What the human body does when meditating, forest bathing or spending time with water is infinitely fascinating for her. The mindfulness created at our retreats weave all of this together for Patti. She loves playing a role where her perspective can round out the experiences we plan and share in this wonderful group dedicated to helping you find stillness and connection.

[Visit Patti's Climate Action for a Better World Facebook page.](#)

Mary-Jean Belrose



Mary-Jean was first introduced to drumming in Calgary, Alberta, and now Mary Jean facilitates community drum circles for people of all ages and abilities. Mary Jean believes that drum circles offer far more than just drumming to make music. People are drawn together in community, while spirits are lifted. Participants learn about themselves, and the opportunity for transformation, spiritual connection and healing is opened. Our creative inner child is freed, and burdens are lightened. Mary Jean lives in the beautiful lakeside town of Port Elgin, Ontario.

Debra Donohue



Debra Donohue is the [Creating Connection](#) Director for Western Canada and has directed many retreats, conferences, and events over the past 11 years - all of which were in-person until 2020. Last year Debra moved her events online and she is thrilled with the response. She has worked with children from 3-years old to 98 and is passionate about getting people together to play, sing, meditate, walk, talk, learn, and share meals. Debra's background in acting and performance has been an asset in helping her create these experiences. You can join Debra weekly online where she hosts 'An Afternoon of Nurturing Spirit' and 'Coffee and Conversation'.

Shannon McAdam



Shannon McAdam is passionate about helping everyone cultivate spiritual practices that can sustain us through the struggles of our lives. She believes in the innate wisdom of each person (yes, even you!) and how deep listening can draw out that wisdom. She has a Master of Divinity degree from Vancouver School of Theology and is an ordained Elder in Community of Christ. Shannon has over a decade and a half of experience facilitating learning experiences in theology, creativity, spiritual practice, and technology literacy.

Lana Cullis



Lana Cullis has worked as a change advocate for over 25 years. She has a BA in English and Psychology and practices as a Vocational Rehabilitation Counselor. She carries a Registered Rehabilitation Professional designation with VRA Canada. She understands trying to find and keep work while living with illness and injury. Lana has worked in the Individual Placement and Support IPS program with Mental Health and Substance Use Teams for over 10 years and has specialized with youth seeking employment in the Early Psychosis Programs. Before that, she practiced employment counseling and program coordination in the Downtown East side of Vancouver serving persons with complex needs and determined spirits. Most recently she has become a Surveyor with CARF (The Commission on Accreditation of Rehabilitation Facilities) where she helps recovery-focused agencies meet and maintain the highest industry standards in both Canada and the United States. Whether working with individuals or agencies, in her practice Lana utilizes the power of wonder to activate change in work, life, and play.