



The Crystal Experience Workshops... Five Dynamic Experts bring home the message that “your life matters”

CORI ASHLEY - THE CRYSTAL EXPERIENCE & MUSIC TO CARE FOR YOUR LIFE

A.R.T.C music composition and performance, AFT specializing in woman and family studies.

For over a quarter century Cori has teamed up with husband Ed Franks to create their award-winning original music heard throughout television, film and the Crystal Experience Workshops and Retreats. From SOCAN and TELLY awards to their original scores for humanitarian efforts such as World Vision, their resume reads like the “who’s who” in the music industry. Cori’s extensive background in self-worth and life-easing techniques fuels her passion for achieving what you want, need and knowing that you are worthy of it! Thus the creation of The Crystal Experience... bringing clarity and dreams to life.



DR. JASON LOKEN RMT, ND - MY LIFE MATTERS

Jason celebrates an impressive resume of accomplishments including the co-creation of the innovative workshops, website and message that truly changes lives. “My Life Matters” explores the values and ease of natural solutions to achieve total harmony, wellness and success in every aspect of your life. His professional career as a Naturopathic Doctor, professor at the The Canadian College of Naturopathic Medicine and extensive Osteopathic studies are just some of the resources from which Jason brings strategies and experiences to help you achieve total wellness, a balanced lifestyle and the inner knowing that “My Life Matters”.



HEATHER HARRIS - BEd, BA in child studies, AMS Montessori training, AFT in child studies. KIDABLES & HARMONY CLUBS AND RETREATS

Heather’s passion for inspiring children and adults alike bring care and creativity to the forefront of the Kidables & Harmony Club Workshops and Retreats. Heather combines her extensive background in Montessori teaching systems, public educational curriculum and self-worth techniques with the inspiring original music to bring easy and effective solutions for what each individual needs to reach their objectives. The ingenuity and integrity behind these innovative workshops and retreats open gateways to better communication, life values and a true sense of family. These are truly life lessons that bring music to your ears.



YVETTE MAXWELL RMT - TAKE MY STRESS I'M NOT USING IT!

Yvette relaxes the tempo of this event with essential massage, breathing and stretching techniques in harmony with the original relaxation music. Yvette ports a well-rounded and informed approach to health-care, rehabilitation and pain management. Her 11 years of clinical massage therapy practice coupled with a BA (Hons) in Medical Anthropology nicely complements her commitment to health and total wellness of body, mind and spirit. Relax, unwind and enjoy



DR. MICHAEL MEADE HBSoc, BEd, MEd, ND - MY LIFE MATTERS!

Michael joins forces with Dr. Jason Loken RMT, ND as the co-creator of “My Life Matters”. Michael’s out-reach of heart for people and life is extensive. From his management position at Kid’s Help Phone to the healing arts as a Naturopathic Doctor, Michael ports a huge resume of helping those around him. Michael brings his expertise to both the workshop stage and insightful publications a personal sense of knowing and experience that truly allows all of us to breath easily, take life in and remember those 3 little words with one profound meaning... My Life Matters.

