

Stasia Bliss started her studies in natural health and alternative medicines at a health food store in Midvale, Utah in 1997. She worked as a wellness consultant and managed the supplement department of a high volume store and therefore took the opportunity to learn all she could while studying herbs and body detoxification through The School of Natural Healing in Springville, UT.

Her love of travel took her to southeast asia and eventually India for a year of deep diving into other cultures and ways of life. Through this experience her interest in learning yoga and meditation and studying eastern philosophy was sparked. She return to India several more times to study and practice where she got her certificate of advanced yogic studies and kundalini yoga training.

Through accumulating various forms of certification and self-study practice, and through her spontaneous and curious way of living, Stasia fortunated herself upon much in the way of self-empowerment and self-healing practices. She was afforded the time and resources, through either generous benefactors or tragic accidents - to study and implement all she studied into her daily life and therefore become well versed in the effectiveness of all she teaches today.

Stasia journeyed deeply with plant medicines and has spent much time navigating the depths of relationship alchemy and brings her various studies and wisdom, which include Emotion Code training and vast subconscious mind work plus dna reprogramming, in order to support her clients in finding their deepest well of power.

Stasia believes the change we need on the earth will come through the embodiment and remembering of our sacred power, the restoration of the feminine essence, and the integration of polarities through both body and mind. Stasia supports women in remembering and accepting their role as the energetic leader and healer of the home and men in their role as sacred alchemical containers of potency for manifestation. She helps couples see relationships as sacred alchemy and the space of witnessing one another's self-realization journey. She offers a myriad of tools and techniques- for every level of being - to enact sacred embodiment and transformative living.