

A Delicate Strength

Geha Gonthier

I've always questioned the status quo. Always. Maybe it had to do with growing up poor in postwar Europe that fuelled my childhood dream of creating a better world. Maybe it was my challenged physical disposition that encouraged me to strive for a stronger body. Maybe it was my stubbornness that refused to believe in limiting medical diagnosis, but rather created a foundation of intense curiosity to explore alternate paths of healing. Whatever unique combination of physical, mental and emotional ingredients it was, I am grateful that it brought me to where I am today.

As a teenager I already felt myself drawn to the eastern philosophies – yoga, meditation and mindfulness. Studying eastern medicine simply felt like a natural extension of a worldview that seemed so very congruent with my deepest values.

Inspired by my own personal change, I now extend the invitation to others to create a thriving life for themselves, balanced and strong in body, mind and spirit. Around me I have attracted a wonderful team of healers to assist in this quest. From acupuncture to massage, Ayurvedic treatments and reflexology, flower essences and organic facials, nutrition and aromatherapy, my business Wellness on Whyte is an urban sanctuary designed to inspire connection to your inner sanctuary, that place of vibrant potential where we can challenge and overcome our self-imposed limitations.

From the moment you walk through the doors of Wellness on Whyte you are being invited into your sanctuary. Invited to celebrate your human sensitivity and tenderness. We understand that living well is more than our alleged human right and promise. It is also a privilege and a responsibility.

To create a safe atmosphere to enter into the contemplation and restructuring of our stressful thoughts and behaviours, we use careful deliberation in mixing and choosing essential oils that unwind subconscious patterns. We also include tuning forks into many of our treatments to affect deep vibrational cellular balance and re-tune with our true nature.

These are such exciting times. Within all the turmoil, upheaval, and clearly imbalanced ways all around us, I feel that human consciousness is ready to burst forth into new awareness. A new awareness where love and compassion are the foundation of our lives, and self-knowledge is key to transformation.

It never served us to play small, and now more than ever we are being called to step into our highest potential. One step at a time.

I invite you to walk this path with me!

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