

Writing to Heal The Heart



Explore the depth of your heart and learn mental health practices to manage BIG emotions, and navigate challenges with mindfulness, and emotional intelligence. **Challenging times call for radical self-care for body, mind, and spirit.**

Dive into your heart, explore triggers, develop intuition, and soothe anxious emotions by tapping into your radiant peaceful light.

Your spirit is calling, are you listening?

CAROLE FONTAINE, BESTSELLING AUTHOR, TEACHER, MUSE

Known to some as, "The Sailing Yogi," Carole Fontaine teaches by sharing stories of her 20 years of living aboard a sailboat. With 20,000 nautical miles under her belt, she has triumphantly embraced the art of navigating the currents of life with ease and grace. A successful graphic designer, she left the busy world of design after her health failed and sent her on a 10-year journey to search for answers on how to heal her body and soul. She studied holistic and yogic philosophies and trained in many different meditation techniques.

Fontaine is a certified Life Coach specializing in Mindfulness and Empowerment, NAMI Mental Health First Aider graduate, Meditative Writing, Shakti Dance® Yoga, and Reiki Master Teacher.

Author of the S.A.I.L. *Above the Clouds Series*, her first book, *S.A.I.L. Above the Clouds—How to Simplify your Life*, was a #1 BESTSELLER on Amazon for weeks, Finalist for BOOK OF THE YEAR from Book Talk Radio Club, and sold copies on 5 continents. *SAIL Above the Clouds 2—How to Align your Life* recently launched to #1 on Amazon for 12 days. Her series offers readers salty tales, harrowing adventures, insights, inspiring tips, writing prompts, and exercises following each chapter.

She speaks and teaches self-improvement and empowerment workshops on mindset and stress management. She was the publisher of Real Sailors Magazine, featured speaker at the Toronto International Boat Show 2022-2024, contributing writer for Journey Magazine (Maine), and contributing author in bestselling "Meditation, Intimate Experience with the Divine" published by acclaimed spiritual leader, radio, and TV personality, Sister Dr. Jenna, and collaborated on "Women of Spirit, Transforming Lives."

Originally from Québec, she spent 25 years in Florida and cruised the Bahamas before sailing to Maine where she currently lives with her husband of 33 years.

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Bring pen, paper, & an open heart!

Classes: 2-3hrs

Suggested Investment: \$35-\$55

Call for more info & group booking

INSPIRING HEARTS. MASTERING LIVING.



a meditative writing journey with Carole Fontaine



Meditative Writing is a Love Dance Between your Heart and Soul. It is not just for writers, it's for anyone who wants to align with their hearts, find purpose, heal, let go, get unstuck, master emotions, find clarity, raise productivity, alleviate grief, calm the mind, and journey within. Find your WHY and connect with your Light.

"This was a beautiful sacred expression connecting body, mind, heart, soul and spirit.. a deep journey of prayer, movement and meditation." –Bonnie

"...where she leaves her fingerprints there is upliftment for herself and others...a natural light worker...I have full trust that her skills and passion have helped her to, "...be the change we wish to see in the world" and will help others to be the change, also." –Roz Reich

"Carole is a wonderful teacher to connect with as a guide for free flow writing. I highly recommend this to everyone. I really got in touch with my soul...beautiful!" –Susana

I am. I feel. I become. I love. I speak. I see. I know.