



@ WWW.ASHAFROST.COM

✉ INFO@ASHAFROST.COM

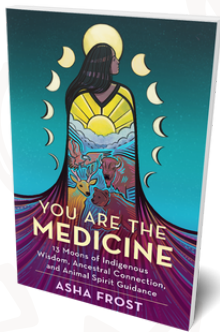
CONNECT WITH ME



Asha Frost (she/her) is an Indigenous Medicine Woman, author and oracle deck creator. She is an enrolled member of the Chippewas of Nawash First Nation. She has a BA in Psychology from the University of Guelph and a degree in Homeopathic Medicine. Asha is the best-selling author of **You are the Medicine** and has guided thousands of people through profound and lasting transformation for the past two decades in her work as a healer, homeopath and mentor. Her first oracle deck, **The Sacred Medicine Oracle** was recently released by Hay House.

Impacted by generational trauma and colonization, Asha has been on a lifelong journey of reclamation. A lupus diagnosis sent her on a path of studying and practicing a multitude of energy Medicine modalities with many guides. She has blended this life experience with her innate gifts and the wisdom of her Ancestors. She loves sharing her Medicine in powerful ways through Ceremonies, teachings, and speaking events. Through this work, she has seen people reclaim their roots, find their healing wisdom, and rise into their power.

Asha lives on Anishinaabe, Huron-Wendat, and Haudenosaunee Territory, with her husband and two beautiful children, with whom she co-creates a better world for the seven generations to come.



SPEAKER TOPICS

You are the Medicine

Living by the Medicine Wheel

Opening and Closing Ceremonies

7 Grandfather Teachings for Resilience

WORKSHOP OFFERINGS

All of the following workshops can be offered and made suitable for the event topic and comfort of the audience. They can be offered in a traditional-circle way or a workshop style. These offerings tend to be more intimate, with a focus on wellness, teachings and healing.

Full Moon/New Moon Ceremony

From Trauma to Wisdom – Generational Healing

Animal Spirit Guidance

Summer/Winter Solstice Ceremony

Fall/Spring Equinox Ceremony

Ancestral Connection and Guidance

“With every intentional action I take, I am conscious about the impact I make on the future generations, the Earth, and my Kin. My legacy matters and I create ripples of love with every step. I am the Medicine.”

FEATURE PODCASTS

Cat and NatCat and Nat – Unfiltered ♡ Colette Baron Reid – Inside the Wooniverse ♡ Impact with Meghan Walker



Descriptions of keynote offerings:

You are the Medicine

We are conditioned to believe that all of the answers we seek come outside of us. This comes from the systems at play such as colonialism, capitalism and the patriarchy. We have forgotten that we carry an inner wisdom and power that guides us. Asha will take the listener through exercises, guided journeys (meditations) and self-reflection to unwind the systemic impacts that have affected us all. She will then show you how to reclaim and remember the innate guidance that has always resided within.

Living by the Medicine Wheel

The Anishinaabe Medicine Wheel teaches us that every season and every cycle that we move through in life is needed and of great importance. After the past few years, many of us find ourselves in burnout and overwhelm. In this talk, Asha will show you how we can turn to the teachings of the Medicine Wheel to assist us in bringing more joy, ease and flow into our lives. In sharing these traditional teachings, Asha will help the audience turn burnout to beauty and overwhelm to balance. She will provide an embodied, healing experience so you can live with more peace and joy.

Opening and Closing Ceremonies

Asha is available for opening/closing ceremonies and land acknowledgements for any event, organization or workshop. As an Indigenous Healer, she has facilitated for thousands in such ceremonies and offers personalized words, energy and teachings based on the event topic. Her style infuses a healing experience for the participants providing a container that feels inclusive, warm and inviting.

7 Grandfather Teachings for Resilience

Walking in a good way with the teachings of love, respect, humility, bravery, truth, honesty and wisdom is something we can all strive for. In times of struggle, these teachings can guide our way. When Asha was 17, she was diagnosed with lupus, a serious, long-term autoimmune disease. Following these seven teachings she has built a life of courage and joy, reaching goals and dreams that doctors told her would never happen. In this talk she will offer ways that we can use these teachings to build resilience and capacity for ourselves so that when hard things happen, we can continue to thrive.

Where Asha speaks:

- Health Conferences
- Women's Conferences
- Corporate and Community Events
- Spiritual and Personal Growth Events
- Retreats
- Government Organizations
- Universities, Colleges, Schools and Youth Groups
- Webinars and Virtual Events

FOR BOOKING CONTACT

info@ashafrost.com / rob@transatlanticagency.com