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Asha Frost is an Indigenous Medicine Woman, and the international best-selling author of **You are the Medicine** and **The Sacred Medicine Oracle**. She has guided thousands of people through profound and lasting transformation as a healer, homeopath and ceremonial guide and has become a prominent speaker in the field of Indigenous healing, garnering recognition on both local and international platforms. With roots deeply embedded in the First Nations across Ontario, Canada (Turtle Island), she is a proud member of the Crane Clan (Aji-jaak Dodem) at Neyaashiinigiig (Cape Croker) First Nation.

Asha's talks emphasize the healing power of the rhythms of Mother Earth, the significance of reclaiming cultural identities and the inherent medicine within. She offers a unique blend of storytelling, guidance, and inspiration that allow people to access and harness their own ancestral strength and beauty. She embraces the strong message of reconnection and reclamation, inviting the audience into reflection and personal growth.

As a guiding light of Indigenous wisdom, Asha bridges communities together towards cultural revitalization and her commitment extends beyond the podium. Through her work, she actively engages in community outreach and invites people to reflect on the sacred interconnectedness that binds us to the land, the spirit world, and each other.

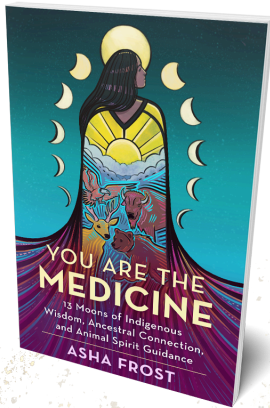
## Where Asha Speaks:

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

**FOR BOOKING CONTACT**

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## Keynote Speaker Topics



**You are the Medicine**

**From Trauma to Wisdom – Generational Healing**

**Living by the Medicine Wheel**

**7 Grandfather Teachings for Resilience**

**Opening and Closing Ceremonies**

## 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. With a focus on wellness, teachings and healing these offerings are more intimate. Readings from Asha's Oracle Decks can be included upon request.

Full Moon/New Moon Ceremony

Animal Spirit Guidance

Summer/Winter Solstice Ceremony

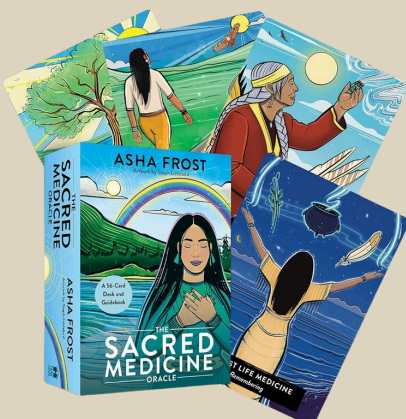
Fall/Spring Equinox Ceremony

Ancestral Connection and Guidance



## Podcasts

Asha has been 100+ podcasts which are accessible on Apple Podcasts, Spotify or wherever you listen to podcasts. Through these interviews she shares a deeper understanding of her work and she highly recommends you listen if you are wanting to know more.



# 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.

## **From Trauma to Wisdom – Generational Healing**

There is a profound journey of healing that transcends individual experiences and reaches into the depths of our ancestral past. Drawing on her rich heritage as an Indigenous medicine woman, Asha weaves together personal stories and cultural insights to illuminate the pathways from trauma to resilience. Throughout the talk, Asha emphasizes the importance of acknowledging and understanding generational trauma—how it shapes our identities and influences our lives. She shares practical tools for healing, encouraging participants to reclaim their narratives and tap into the wisdom of their ancestors. By fostering a sense of connection to heritage and community, Asha inspires hope and empowerment, urging attendees to transform their pain into purpose. With her heartfelt delivery and deep empathy, Asha Frost creates a safe space for reflection and growth, motivating individuals to embrace their healing journeys and honor the wisdom that emerges from their experiences. This keynote promises to be an enlightening and transformative experience for all who attend.

## **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, with the swirling collective energies, 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**

The 7 Grandfather Teachings carry timeless wisdom that guide us toward a life of integrity, respect, and harmony. Each teaching—Wisdom, Love, Respect, Courage, Honesty, Humility, and Truth—serves as a foundational principle for personal growth and community connection.

Asha delves into the significance of each teaching, sharing stories and lessons from her own life and the lives of those she has encountered. She emphasizes how these principles can be applied in today's world to foster deeper relationships, enhance emotional well-being, and create a more compassionate society.

Through engaging anecdotes and reflective exercises, Asha encourages participants to internalize these teachings, prompting them to examine their own values and actions. By highlighting the interconnectedness of all beings and the importance of living in alignment with these teachings, she inspires a journey toward healing and self-discovery.



## TESTIMONIALS

I had the privilege of working with Asha Frost for the past few years at our annual Outdoor Wellness Retreat.

At the retreat Asha leads a healing circle for University students and I cannot recommend her enough! It is clear that Asha is not only a skilled facilitator but has the ability to genuinely connect with the students. Asha's ability to foster an inclusive environment made all participants feel comfortable sharing their thoughts and experiences. Year over year the students express that her session was a highlight of the retreat.

Asha's collaboration made the process seamless, as she took the time to understand our group's needs and tailored the workshop to create a meaningful experience for everyone involved.

Overall, Asha is not just an exceptional facilitator but a truly great person. Their knowledge, kindness, and ability to connect with students made this experience unforgettable. We are incredibly grateful for Asha's knowledge and time.

**Olivia Allen, University of Toronto**

We had the gift of inviting Asha to facilitate two virtual seasonal ceremonies for Indigenous healthcare workers and both sessions were truly wonderful. Asha created a warm, inviting space where although we were not physically in a room together, there was a deep sense of connection. Asha's facilitation and ways with words are incredibly powerful and moving, and she was so generous with her time and energy. Our attendees expressed feeling as though they received exactly what they needed—not always an easy feat when you have a diverse group of individuals in a Zoom room! Maarsii, chii miigwetch for you and your medicine, Asha.

**Vanessa Lesperance and Ariana Fotinakis, founders of Decolonize and Rize**

It's such a heartfelt honor and privilege to have Asha open our events. Her wisdom and authenticity radiate from the heart, and she shares her beautiful medicine with deep reverence in the most engaging, playful way. Her presence uplifts the entire space and touches everyone who has the joy of listening.

**Andrew and Stacy Christoforou, founders of Tomorrow Today**

Asha Frost is a PHENOMENAL speaker! Her passion, knowledge and positivity was felt by everyone in attendance. She kept the audience engaged through actively involving them in self-reflections and meditations. The audience was left with a light and hopeful feeling that lasted well beyond the event. Asha's work is deeply impactful and I am honoured to have had the opportunity to bring her in as a speaker.

**Skye Robinson, Collingwood Public Library**

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## PROMINENT KEYNOTES

- I Can Do It Conference - Spring Equinox Ceremony: 250 participants
- Opening and Closing Ceremony - Centers for Campus Living Services: 1000 participants
- Medicine in the Garden - Toronto Metropolitan University: 50 participants
- From Trauma to Wisdom, New Brunswick: 100 participants
- Healing the Spirit - Choose Life Conference: 150 participants
- You are the Medicine, City of Toronto: 50 participants
- Opening Ceremony - The Auric Living Conference: 250 participants
- IFN & AIAI Emergency Training Conference: 100 participants
- Workshop - Ontario Tech University: 50 participants
- Association of Iroquois and Allied Indians: 250 participants
- Opening and closing ceremony - WESF World Education Services: 100 participants
- Inherited Resiliency and Resurgence: Marymount: 1000 participants
- Opening ceremony - National Research Council Canada: 250 participants
- Opening ceremony - The Duke of Edinburgh's International Award – Canada - 150 participants
- Workshop - Fraser Health – Decolonize and Rise: 50 participants
- Workshop - Hart House University of Toronto: 100 participants
- Workshop - Nikibii Dawadonna Giigwag Youth Program, University
- Opening Ceremony - Ignite Your Life 200 participants
- Opening Ceremony - National Yoga Day, Lululemon: 100 participants
- Beeton Library - You are the Medicine Workshop: 100 participants
- Aurora Library - You are the Medicine Workshop: 100 participants
- Collingwood Library - You are the Medicine Workshop: 100 participants

## ELEMENTARY AND HIGH SCHOOL PRESENTATIONS

Pine Grove Public School	Newmarket High School	Richland Academy
Alexander Muir Public School	Denison High School	Holy Trinity School
Sutton High School	Park Avenue Public School	Castlebrook Secondary School

We had the pleasure of having Ms. Asha Frost speak at our school to a group of grade 11 students enrolled in the Metis, First Nations, and Inuit Studies course. She did such a great job connecting with our students as she shared passages from her book, *You are the Medicine* and taught us all about sacred plant medicines. She also shared stories from her ancestral lineage and sang beautiful water songs as she imparted the spiritual wisdom passed down from generations through storytelling. We discussed our relationship to the land and how we must all live in harmony with this place we call home. Moreover, Ms. Frost guided us in a healing journey and students shared their insights as we sat in circle. Students were taught about Anishnaabe culture from a Medicine Woman, healer and activist. It was a powerful experience that we will always carry with us.

**Anita Behnessilian-Melnyk, Castlebrooke Secondary School**