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| A close up of a person  Description automatically generated |  | shelley lynn mehrLMT, WHM certified instructor |
| ProfileShelley is committed to following her heart and internal guidance of intuition and vision. She works with the earth in reverence of its beauty and abundance. She is here to assist in renewal and replenishment of resources. She is a dedicated committed worker to the environment, sustainable practices and healing on this planet.Adaptability, strength and deep listening are some traits that she values sincerely. ContactPHONE:801-859-9641WEBSITE:[www.shelleymehr.com](http://www.shelleymehr.com)[www.magentapathways.com](http://www.magentapathways.com)EMAIL:shelleymehr@gmail.comHobbiesAnything Mountain relatedDancing WritingResearch, studying and discovering**References**Dawni Joy Angel 801-651-5742PJ Hair 801-718-9942 |  | EDUCATIONSalt Lake Community College2006 - 2008Associates of Science and AnthropologyHealing Mountain Massage SchoolJanuary 2009 – June 2009Studied 16 different modalities, specialized in structural integration, Thai yoga massage and Lomi Lomi Hawaiian massage and Chi Nei Sung Chinese abdominal therapy. WORK EXPERIENCEWim Hof Method Certified Instructor Level 2October 23, 2018- PresentShe studied directly with Wim Hof in 2018 and has traveled to Poland assisting hundreds of people from around the world with their breath efficiency, cold water adaptability and mind focus in 2020. She has led many people into the depths of their inner strength by embracing the cold, breath, mindset, leading them to confidence, clarity, and more creativity in their lives!Magenta Pathways LLC Creator and MemberFebruary 2, 2020 –PresentI assist people in listening to their inner world of body wisdom through the power of breath, touch and extreme elements to balance the central nervous system in a way that is instant and complete. **SKILLS**Passionate worker, quick learner, dedicated to environmental adaptability, care for the plants and animals, strong and deep listener. Connected to sustainable movement with integrated self care to keep long endurance in the natural elements.  |