

Willow Green, www.LuvDoula.com, (239) 834-0188

LuvDoula, Kundalini Yoga, Mobility Expert. Serving those who wish to age gracefully and die with dignity.

Willow embodies a unique skill set, however what really sets her apart is how much she cares. Her passion derives from her own journey and experience.

After being saved from her suicide attempt in 2006 and getting Sober in 2015, she had to learn to live on Life's Terms. She was disassociated from her body and did not know it. The journey to presence, wholeness, self acceptance and self love is what taught her the most.

The privilege of working with the elders, the dying and the families has taught her even more. She has been working with and studying aging patterns for almost 20 years.

She shares her experiences and what she learns as a published Author and advocate for death, aging and dying gracefully; compassionately unlocking ways for one to reconnect to self.

She has served as a guide for Ayahuasca, Psilocybin, Cannabis, Breath and Body. She has extensive experience working with Soul Reconnection through several shamanic modalities.

Modalities:

Associates in Occupational Science, focus Personal Training

Certified NLP and Neuro-Semantics Coach

Certified CareDoula, End of Life

Certified Kundalini Instructor

Movement Resilience and Pain Management, Trauma Informed Yoga

Certified 3rd Eye Activation

Shamanic Herbal Apprenticeship, Intern and extended training and experience with psychopomp, extraction, retrieval, animal allies, plant allies, soul and empowerment symbols, and integration.

Medicines, addictions, labels and/or mindsets she has personally experienced, integrating that which empowers her and releasing the rest.

Ecstasy, Heroin, Meth, Alcohol, Cigarettes, Sugar

Adderall, Prozac, Depakote, Lamictal, Lexipro, Xanax, Klonopin, too many prescriptions to remember

Ayahuasca, Ibogaine, Psilocybin, Kambo, Rapé (pronounced Hop- AE), Sanaga, 5MEO-DMT, Peyote, Cannabis, Santo Diame, Kava, Lobelia, St. John's Wart, Mullein, Chicory, cat nip and so many more.

Eating disorder, Self mutilation, Self hatred, not good enough, Grief and survivors guilt, imperfection, breast implants, Botox, cutting, running

Bi-polar, ADD, ADHD, Depressed, Suicidal, Crazy, Anxiety, Emotional paralysis, Debilitating Panic Attacks

Suicidal and put on prescriptions at age 15. Baker acted for suicidal tendencies at 21, suicide attempt and stomach pumped at 30 followed by 3 month of rehab. Breast implants in at age 30, Got off antipsychotics at 34, stopped adderall and klonopin at 39, Ayahuasca at age 39. Botox stopped age 39, Breast Implants Removed at age 46.