

Speakers



Lee Chase*

Fascial Release & Structural Integration Therapist

Lee Chase is a fascial release and structural integration therapist who helps identify and address the tension and movement patterns that lead to pain and dysfunction. Rather than treating symptoms in isolation, their work helps people understand why their bodies hurt by tracking structural imbalances, movement dysfunction, and compensatory tension patterns throughout the fascial system.

Their approach addresses not only where pain appears, but also the injuries, posture, repetitive habits, stress, and life experiences that contribute to it over time. Through fascial release, structural integration, and therapeutic bodywork, their work focuses on restoring balance, mobility, efficient movement, and long-term function within the body.



Ria Swift *

Cancer Thriver, Healer & Teacher

In the 80's and 90's I had cancer, double breast cancer and ovarian cancer.

The first breast cancer was treated, unsuccessfully, with 2 yrs of chemotherapy and 4 surgeries.

The 2nd breast cancer I walked away from medicine, never went back, and used Frequency Medicines to heal myself. My 2nd breast cancer was cleared in a month and the ovarian cancer in even less time.

This beautiful reality has kept me learning and practicing and teaching for 38 years. I am now creating an online school of self-healing so that others can learn how to heal themselves. I want to help others be able to do a deep dive into their limitations and illnesses to remove them, transform them and move on.



Jenna Bagnall*

Yoga Teacher, Meditation Guide & Educator

Jenna's lifelong practice of yoga and meditation led her to found Inner Sanctuary as a resource to connect teachers and practitioners to a wider student audience. She believes that yoga is for everyone! Jenna enjoys using all her tools and years of practice to assist students through an individualized yoga experience, cultivating their own inner sanctuary. She chose to earn her 200 hours registered yoga teacher training through Village Yoga and the Fluid Yoga School in Newfane, VT to not only advance her personal practice, but to find authentic teachers to work with. Jenna's goal is to empower students to be their own teachers! While she loves the connections she finds in the yoga community, she is driven by self-discovery and the intuitive journey of being guided by our own bodies.



Book Private Individual session: \$45 / 30 min session

