

Turning a New Leaf

RENÉE WALKER

Yoga - Meditation - Reiki- Spiritual Coaching

Renée Walker is a certified yoga instructor, meditation teacher, reiki practitioner and a spiritual coach. She believes in a holistic approach to well-being; integrating the mind, body & spirit to achieve balance. Having been on her own personal journey of self-discovery for the past 15 years, she is passionate about helping and guiding others along their own soulful journey. Renée is a student of life and an entrepreneur at heart, having owned several businesses over the years. She lives in Oakville with her husband and teenage children.

