

# Kate Holmes

## B I O G R A P H Y

**Kate Holmes** is the Associate Director of Quintessence Institute. Kate is the owner of Body & Soul Connection. For over 20 years, Body & Soul Connection has been helping clients bring balance to their Body, Mind, and Spirit by addressing core physical, spiritual and metaphysical wounds incurred during their early years of human development.

Kate is a certified Spiritual Counselor, Transformational Body-Worker with a degree in deep tissue massage, an ordained Priestess and Minister, and an initiate of Sant Rajinder Singh Ji Maharaj.

During Kate's interactive workshops she has an uncanny ability to zero in on the primary issues impacting her participants. Kate speaks with frankness and clarity. She utilizes many of the core concepts in spirituality, combined with her background in human behavior, to frame difficult concepts into a 'user friendly' way. Kate coaches her clients on the need for meditation, inner-personal transformation, and spiritual development.

As a student of metaphysics, Kate has studied various world religions, philosophies, and spiritual practices since she was 16. She is highly intuitive and an exceptional facilitator of womens' groups on inter-personal transformation. She has been initiated as an apprentice by a Peruvian Shaman, was an assistant to a Native American Medicine Man, has participated in specialized training in creating Sacred Rituals for Women and for 15 years facilitated Inner Child Development with her clients in private practice.

Kate currently owns The Petgoddess and is a well-known dog whisperer in the Washington, DC area. She was recently featured in a YouTube video by Voice of America that focuses on helping women around the world start small businesses to gain financial independence.