

Owner Danielle Dufour is originally from small town New Brunswick. She is an Ordained Metaphysical Minister ([What is Metaphysics?](#)) with the [International Metaphysical Ministry](#), holding a Bachelor of Metaphysical Science, and Masters in progress, from the University of Sedona. She has a Diploma in Social Work from [Mount Royal University](#) and Business Administration from St. Andrews College.



Danielle is currently certified as an Education Assistant, an Intermediate Tandem and Solo Lake Water Canoe Instructor with [Paddle Canada](#), a Hot Yoga Instructor approved through the Canadian Yoga Alliance, and a [Quantum Touch Practitioner](#).

She has many years' experience facilitating recreational and life skills programming. Specializing working with young and adult individuals involved or at risk of becoming involved with the criminal justice system, low income families, those with a no fixed address, and those with learning differences. Her years of rewarding work as a Residential Youth Worker with Enviros Wilderness School, an Experiential Activities Programmer for the Boys and Girls Club of Calgary, and over six years as a Probation Officer for the Alberta Ministry of Justice have all contributed

greatly to the base work and her drive to develop Life Force.

"I feel like I'm just doing what the Universe needs me to do. I'm so passionate about Life Force Programs, I've been creating them over a period of years from seeing where the gaps in services lie. There is a need for programming the unique way I facilitate. I love empowering people to believe and see their own strengths and gifts. Introducing experiences where people can simply feel and be themselves, without judgment! Whether I'm teaching a yoga class or sharing in someone's best or worst day, I don't just say or write down somewhere that I hold no judgment, but TRULY accept every soul for where they are and how they feel right at the very moment they are experiencing it."



Danielle was awarded The Calgary Police Chief's Award of Excellence in 2011 for her supportive actions in the line of duty as a Probation Officer.





"I didn't always see life the way I do now. I'm not a guru...just someone who initially had an open mind that led to some seriously profound moments that have all led to now!"



Practicing Yoga, working with Universal and Quantum Energy, Spirituality, and Metaphysics woke me up from my nap! It didn't happen all at once, but step by step it seemingly pulled me and Life Force Programming all together!

Rev. Danielle has been Officiating Wedding Ceremonies in and around the North Shuswap since 2017. "I know it seemed a little unorthodox at the time, but choosing to become an Ordained Minister and Officiating Weddings has been a big light in my days! I love love love Marrying people!"

Danielle fell in love with white water rafting and white water canoeing at 23 years old, and as a result became a seasonal part time raft guide moving water canoe instructor over a combined 14 years, to which she will attest forever changed her life for the better!



She has over a decade of combined experience working in high performance sport, event execution, and outdoor education and recreation. She was the female hockey coordinator for Hockey Canada for over five years, and was the team services coordinator for the first Women's Olympic Hockey Team during Olympic Training & Centralization in 1998.

Danielle also practiced Real Estate on a part time basis while attending school.

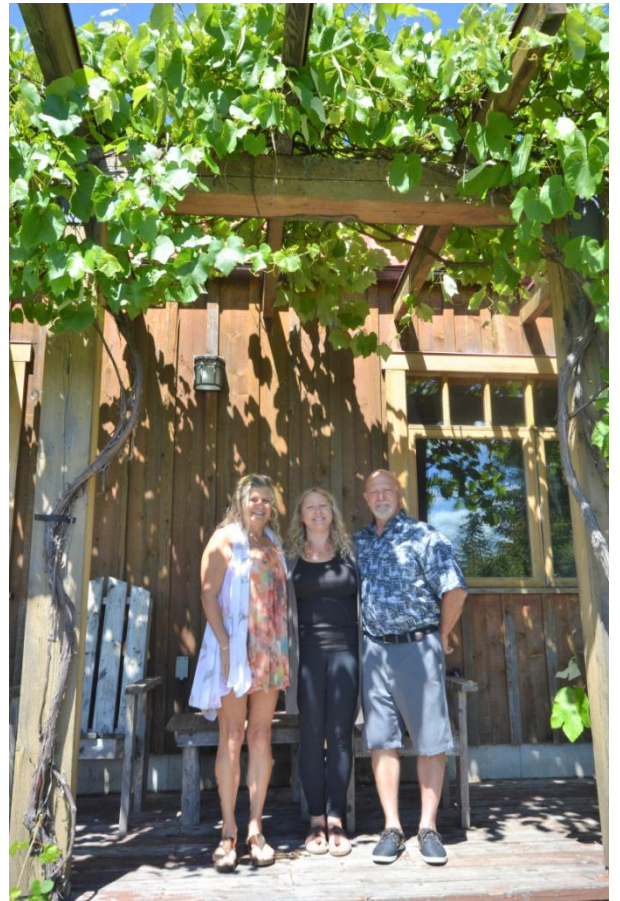
"Real Estate was awesome to learn and was flexible enough I could attend classes and work with my Real Estate clients in between! And best of all I graduated University with no student loans!!"



Danielle has also volunteered with a variety of organizations. She was a Board Director for three years with the Adams River Salmon Society, supporting and assisting the non-profit Society with event execution, and the preparation and writing of a successful grant application for the stage that is in Tsútswecw (formerly Roderick Haig Brown) Provincial Park. She coached for Hockey Alberta (Girls Hockey Calgary) for three years and assistant coached her Bantam girl's team to Gold at the very first Girls Bantam Provincials in Alberta. She volunteered for Calgary Search and Rescue for over three years, participating in on-going rescue training and experience. Growing to facilitate Lost in the Woods Workshops to a variety of groups around Calgary.



In 2013, Danielle resigned from her position as a Probation Officer, relocated to the beautiful sunny North Shuswap Lake, British Columbia, and has been growing Life Force ever since.



Life Force is popping up in the spring of 2019 at Gateway Lakeview Resort at Shuswap Lake to offer regular programming and a place to BUILD Relationships even if it's just with yourself!

Danielle can also be found teaching Hot Yoga at [Grattitude Hot Yoga](#) in Salmon Arm, [No Limits Fitness - NLF Hot Yoga](#) in Kamloops, and [Breathe Yoga](#) in Sorrento.



*"Become loyal to your inner most truth
Follow the way when all others abandon it
Walk the path of your own heart" OM*

Rev. Danielle Dufour

