

2025 ROAR AND SOAR Retreat Facilitators



Featured Facilitator: Ivan Rose Potter

E-RYT 500+ Yoga • Quantum Energy Healer • Reiki Master • Spiritual Mentor • Sound Bath Healing

Ivan's Bio: Ivan began his yoga training 16 years ago in 2008 after a debilitating herniated disc that led to difficulty walking and painful sciatica. After only 6 months of dedicated yoga practice, the lower back pain went away completely. With over 10,000+ hours of continuing education and teaching, Ivan received his 500 hour training in Ashtanga, Pranayama, and Ayurveda from Samahita Retreat in Koh Samui, Thailand and has trained with master teachers in the Yoga therapy, Vajrayana, and Ashtanga lineage of teaching. Ivan is also a quantum energy healer, Reiki Master, and spiritual mentor, having the honor and privilege of working with celebrities, and billionaires, Ivan provides a unique and personalized approach to understanding your soul's purpose and life-long legacy.



Guest Facilitator: Myra Kirk

Ceremonial Visionary • BioEnergetic Practitioner • Remote Transmission Healing

Myra's Bio: Myra's journey in body awareness began at birth, shaped by her lack of eye acuity, which wasn't discovered until she was 10. Viewing this as a blessing, she cultivated sensitivities and a deep interest in energy movement within and around the body. Myra travelled the world and coached at all levels and played a diverse role in the sporting community. As a certified Bioenergetic practitioner, Myra specializes in energy medicine and remote healing. She blends bioenergetic techniques to guide clients toward mind-body transformation. Having overcome her own challenges, Myra's resilience drives her passion to harmonize the physical, emotional, and energetic aspects of others, fostering wellness and transformation. She is currently training in BodyAwake Yoga and studying Ancient 13 Sidereal Astrology.



Guest Facilitator: Ashley Berrns

Artistic Director • Dance Instructor • Karate Instructor • Movement Educator • Leader in The Community

Ashley's Bio: Ashley fosters inclusivity and community through movement. Her involvement inspires people of all ages to express themselves creatively and embrace movement as a tool for healing and joy. She is a dancer, choreographer, and the founder of Dance Ink, a leading dance studio in Saskatoon. With over 30 years of experience, Ashley's passion for dance is matched by her commitment to her community. She founded Dancing for Dogs, raising funds for Saskatoon Dog Rescue, and plays an active role in the Weiger's Care for Kids initiative. Ashley's performance career includes callbacks for Cirque du Soleil and appearances on So You Think You Can Dance Canada. She also leads the Dance Inklusive program, offering dance classes for individuals with disabilities. In addition to dance, Ashley is a second-degree black belt in Shotokan Karate.



Guest Facilitator: Michaela Leedahl

Registered Social Worker • Yoga Teacher • Astrologist

Michaela's Bio: Michaela believes that movement is medicine and the best thing you have to offer the world is yourself. Michaela Leedahl is a Registered Social Worker, born and raised in Saskatoon, Saskatchewan. She graduated from the University of Regina in 2018 and has experience practicing in various areas of Social Work such as; Child Protection, Crisis Work, Youth Work, and Counselling. Michaela knew early on in her life that she wanted to help people. Seeing her clients grow, learn and meet their goals is one of the greatest privileges of her life. In addition to her mental health training she is a trained Astrologer and Yoga Teacher. These philosophies along with her education and experience infuse her practice as a therapist.