



Launda Wheatley, Humanergy Associate. Launda works with clients who are looking to integrate wholeness of self through a mind, body and spirit interconnection. To be maximally effective, people must recognize the importance of these key elements and understand how they affect our daily interactions with family and work.

As an experienced yoga/meditation teacher of over 10 years, the blending of yoga, meditation and stress reduction techniques has enabled her clients to navigate the stress of work and home with greater awareness and compassion. Launda provides training on stress management, creation of balance, yoga, aging, and social change meditations for leaders, among others. Launda's goal is to transform lives, not merely pass along information.

Originally from Indiana, Launda joined the Army as a Military Police officer following high school. She finished her Bachelor's in Fine Arts at Albion College, graduating Suma Cum Laude. Launda earned a Master's from Naropa University in Transpersonal Psychology. She is an eRYT registered with Yoga Alliance and is currently in the seminary program at the Zen Buddhist Temple of Ann Arbor.

She spends her spare time painting with oils, creating gourmet food, and enjoying wine and chocolate in the farm house she shares with her amazing husband, David, 3 quirky teenagers and a 4th son serving in the Air Force. Included in this menagerie are 2 dogs, 3 cats, a dozen chickens and whatever else shows up to be fed.

The quote that inspires Launda's passion is: "*Your work is to discover your work and then with all your heart to give yourself to it.*" ~ Buddha

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