

Wendy DeMos

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WendyDeMos.com

ELDER ENRICHMENT • DEATH DOULA • MUSIC & CREATIVE ENGAGEMENT

30+ years of experience creating meaningful human connection through music, creativity, education, compassionate presence, and the arts, with a current focus on elder enrichment, end-of-life support, and healing through music.

Compassionate • Creative • Engaging • Experienced

ELDER ENRICHMENT & END-OF-LIFE WORK

Death Doula

I provide compassionate presence and guidance to individuals and families navigating life's final transition. I offer music, singing, and attentive companionship to create a peaceful, comforting environment. Additionally, I assist in organizing key end-of-life documents so personal wishes are clear, and conduct recorded interviews to capture treasured stories, wisdom, and memories for a personalized legacy.

Elder Enrichment Coach

Create personalized experiences that promote connection, creativity, engagement, and joy for older adults. Use music, conversation, storytelling, movement, and creative activities to stimulate memory, self-expression, curiosity, and meaningful connection.

Music for Healing & Connection

For more than 30 years, I have used singing and music as tools for connection, comfort, reflection, healing, and emotional expression. My work includes concerts, bedside singing, chanting, musical programs and classes, workshops, and creative experiences for diverse populations.

MUSIC, PERFORMING ARTS & CREATIVE EXPERIENCE

Founder and organizer of numerous musical and creative events, festivals, workshops, and performances. Extensive experience as a singer, songwriter, performer, music teacher, workshop facilitator, sales, marketing, writer, editor, and arts producer.

Chant Your Heart Open™ — Creator of original songs, chants, and meditative music designed to support healing, reflection, connection, and emotional well-being. Founder of musical events and yoga workshops held internationally to bring people together through sound, movement, and heart-centered connection.

House of Healing — Created a 10-song guided healing program for a trauma-informed yoga teacher in correctional institutions.

Music Together for Kids — Taught music classes to young children. WestSideMusicTogether.ca.

Threshold Choir / End-of-Life Singing — Singer providing music and compassionate presence for people approaching the end of life.

The Holy Longing Project — Founder and organizer of a unique variety show featuring music and other arts inspired by the soul's longing for love and belonging.

Sacred Sexual Music Festival — Founder and organizer of virtual and in-person festivals in Canada (Vancouver, Edmonton, Winnipeg, Prince George) and Ajijic, Mexico — bringing consciousness, dignity, and respect to human sexuality through music and community.

The Artist's Way — Facilitated 13-week small-group programs designed to help participants reconnect with creative expression.

Co-wrote & Performed Children's Shows — *Grumpy Gretel Discovers Magic* (voted Best Children's Theatre at the Manotick Fringe Festival) and *The Underwater Adventures of Sam Clam and Diver Dan*.

Snatam Kaur & Deva Premal Concerts — Co-organized Vancouver tour stops for internationally acclaimed sacred-music artists in partnership with Bright Star Entertainment and Yoga West.

ADDITIONAL TRAINING & WELLNESS PRACTICE

- Life, Death & Transition Doula — certified by Wilka Roig, MA, MFA, PLC
- Advanced Care Planning – Living Well & Dying Well — Loretta Schenk Downs
- Reiki Practitioner (Level 3) and Energy Clearings
- Kundalini Yoga Teacher — 200-hour certification, Kundalini Research Institute/Yoga West
- Certified Nutrition Consultant — Packard Institute
- Peer Counsellor — Carleton University
- Teaching English as a Second Language (TESOL) — Global Leadership College
- Bachelor of Arts, English Literature — Carleton University
- Journalism — Algonquin College of Applied Arts and Technology

VOLUNTEER

- Managed a weekly newsletter reaching 900+ subscribers, highlighting events across Ajijic, Mexico
- Served as Volunteer Coordinator for the Lake Chapala Society in Ajijic, Mexico
- Show Host for bi-weekly radio program *Canadian Connection* on KWMR, Pt. Reyes Station, Calif.
- Taught English to Spanish students in Ajijic, Mexico