



Meet Michelle Tilden, Owner of Dragonfly Soul Craft

Describe your business:

I have created a space of safety, love and non-judgment, to provide healing and insight using meditation, yoga, and Reiki. To bring the community together and establish solid relationships, we are here to create, and I have something to offer.

Tell us your story:

I am a light worker, wife and mother. After years of searching, I finally connected to my soul purpose. I spent years in the banking industry; however, I didn't feel a connection to this profession. I went to my first yoga class over 11 years ago, and truly fell in love with the way it helped me connect to my inner-self. At that time I didn't realize how far this passion would take me. I became a certified Reiki Master Practitioner in January 2018, and a 200 hour Yoga Teacher in April 2019. I resigned from my banking profession earlier this year and began the journey of opening Dragonfly Soul Craft.

What has helped you succeed and gain experience:

I spent countless hours researching places to receive my certifications. I stumbled across Yoga Farm in Lansing. I decided to try out their Sacred Sunday to get a feel for their space and energy. Needless to say, I fell in love with the teachers there and the message they believe in. This is where I received my 200 hour yoga teacher certification. I also completed a 20 hour Business of Healing Arts, and a 20 hour Adjustments and Assist for yoga teachers. I am currently in the 200 hour teaching program for meditation, mindfulness, and Qigong at Yoga Farm. I also love to read! I spend many hours reading books to gain additional knowledge on yoga, mindfulness and meditation. I also cannot resist a great self-help book.

What inspires me?

My first thought is the inspiration I receive from my husband, Brian. He encourages me, uplifts me, and isn't afraid to challenge me. His support and strength is truly a huge part of my journey. Brian is a positive influence and my guide. He has told me on many occasions to "float like a feather." Because of his continuous encouragement, I am able to get past my fear-based thoughts, and float!

What keeps me up at night? What are my challenges?

It seems lately I'm up just processing and thinking about being successful with my new business. I'm on this roller coaster of ideas at night, and I get to the tunnel and scream! My head fills at times with "what if..." and "will this work." Ideas also flood in on how I want to connect with the community. It seems I'm constantly thinking of my business and plotting success.

What is my favorite local activity?

This area is perfect for my passion! I absolutely love being outside. I love to explore hiking trails, waterfalls, gorges, and lakes. I want to offer yoga and meditation outside and bring the beauty of the Finger Lakes and holistic healing together.

Is there anything else we should know about me?

A beautiful quote I stumbled across; "Mindfulness is paying attention to our experience in a way that allows us to respond rather than react."

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