



BIOS

Susan Norton (Spirit: A Plan for Miracles®)

Susan Norton is a certified Shamanic Practitioner through the Four Winds Society and Dr. Alberto Villoldo. She holds a master's in education and has over 18 years of teaching experience. Susan has been walking this medicine path for over 15 years and is trained in the great rites of the Munay-Ki and connecting people to Spirit. She has trained and worked in Peru, Canada, Ireland and across the United States. She completed her third advanced training with the Q'ero shamans in the Sacred Valley, Peru and brings those medicine teachings to her SPIRIT workshops. In addition to workshops, Susan provides individual healing sessions, classes in Medicine Wheel Training, 1:1 training in the SPIRIT program, presentations, and home blessings. Her work has been featured in USA Today.



Francie DePaolo Shepherd (Owner of the Foggy Bee)

Francie, a certified, Florida bar-registered litigation paralegal has always been passionate about art, creativity, and nature. She left the corporate world in 2015 for semi-retirement with the promise of unpacking her inner artist. That process included reclaiming her sense of worthiness and accepting the reality of being in a dysfunctional, abusive marriage. After several years in a twelve-step program for friends and families, therapy, and trauma support groups, in 2022 Francie ended her marriage, relocated to Maine from Florida and started her best life. It took the following year to transform a half-built, awkwardly sized addition on a tiny vacation cottage into a warm, inviting place to heal, create and connect. The Foggy Bee is a waterfront retreat space and art studio on the water, with over 90 acres across the street to explore and absorb. Francie's personal discipline and commitment to living a purposeful life translates easily to creating meaningful experiences for others in a place she has personally found to be grounding, serene and restorative.

