



Dina
Ely

Wellness Guide, Creator of
the Whispering Wilds

Dina is the creator of the Whispering Wilds method, a unique approach that blends nature, proven wellness practices, neuroscience and eco-consciousness to build a flexible toolkit for whole-person well-being. She holds a BA in psychology and certifications as a holistic health practitioner and instructor in meditation, breathwork and neuroscience. Dina brings a refreshing perspective on how biomimicry and nature's teachings can serve as a foundation for personal growth and wellness.

SIGNATURE TOPICS

- ✓ Finding body, mind & spirit wellness through nature
- ✓ Applying natural structure & systems to our health
- ✓ Ecotherapy, alternative health & psychology practices
- ✓ Returning to nature as a spiritual home & community
- ✓ Reshaping our brain through biomimicry
- ✓ Trauma & anxiety recovery based on nature's resilience
- ✓ Wild inspiration for parenting & relationships in uncertain times
- ✓ Earth-care as self-care