

# awaken

delahrose roobie myer

· artistic director · creative designer · mentor.



**Delahrose Roobie Myer**  
takes a truly holistic  
approach to health and  
wellbeing in her search  
for ways to add value to  
her clients' lives

With an expansive career founded  
in **natural therapies** and the  
**spa industry**, Delahrose is an  
experienced **therapist, manager,**  
**leader** and also **designer** of  
inspirational healing environments.

In every role and for every client,  
Delahrose draws on her vast  
training, experience and natural  
intuition to help awaken the senses,  
the spirit and the soul.

awaken  
the spirit  
the senses  
& the soul





# leader

as a leader,  
Delahrose inspires  
others with her  
passion for health  
and wellness

Delahrose brings to her leadership roles a vast knowledge of the healing arts combined with highly developed **interpersonal skills** and **sales and marketing** expertise.

A graduate of the **Preston Wynne Spa & Salon Success Systems Spa Directors programme**, Delahrose has extensive experience working as a **spa manager** and **spa programme director** both in Australia and internationally.

She has successfully **managed team performance** to meet budgets and targets, and has experience in **implementing/monitoring** policies, systems and treatment procedures.

As an experienced **entrepreneur and business owner**, she also understands the importance of being a leader in any field.

as a practitioner,  
Delahrose has spent a  
lifetime learning and  
refining her craft with  
qualifications across  
the spectrum of healing  
arts

#### life-changing experience

Delahrose is trained and  
experienced in a diverse range  
of therapies including:

- **massage**
- **yoga**
- **aromatherapy**
- **shamanic healing**
- **astrology**
- **epona and equine  
facilitated learning.**

Drawing on this broad knowledge,  
Delahrose is able to choose the  
most appropriate health and  
healing modalities for her clients  
to optimise their wellbeing.

#### healing through horses

Inspired by the transformative  
power of the human-horse  
relationship, Delahrose has  
a special interest in **equine  
facilitated learning.**

Through **awaken equus,**  
Delahrose is fully qualified to  
guide clients on a journey of self-  
discovery as part of a range of  
**programmes and one-on-one  
workshops with horses.** She is  
also able to utilise her experience  
and knowledge as a therapist to  
build **wellness programmes for  
horses,** including herbs and  
special aromatherapy, massage,  
cranial-sacral therapy and exercise.

Wherever you are in the world,  
Delahrose can bring her vast  
knowledge and experience to  
conduct **personalised sessions**  
that are unique, authentic and truly  
engaging.

# practitioner



# creative designer

as a creative designer, Delahrose applies her holistic approach to health and wellbeing, creating environments that inspire and heal the soul

## holistic design

Delahrose established **awaken designs** in 2003 with the vision to fuse her **interior design** training with her experience in the healing arts. With a special interest in **spa and wellness environments**, she has travelled the world in search of the most inspiring and healing spaces. Delahrose infuses the depth of her experience into every **awaken designs** project, creating nurturing and healing environments for discerning individuals and businesses.



diverse experience  
Delahrose has completed design projects for an elite group of clients in Australia and abroad, involving **property to the value of \$33 million.**

Significant projects include **sunrise** on the Turtle Coast – awarded **Australia's Best Sustainable Development** – where Delahrose was instrumental in the planning, creation and implementation of the key design concepts.

For her work at sunrise, Delahrose was one of twenty Australian individuals and partnerships recognised in the **2009 Travel Innovators Awards** for her role in creating an ecologically sustainable, eco-friendly destination.

“FIABCI World Prix D'excellence Awards”

Silver Medal, Sustainable Design ( Project: Sunrise at 1770 )

specialised design:

- **spa and wellness environments**
- **vision-planned estates**
- **residential spaces**
- **eco-tourism developments**
- **sustainable design**

as a team builder,  
Delahrose has a  
natural ability to  
inspire and guide  
others

Delahrose is experienced in team assembly, training and motivation, successfully leading large teams across the breadth of her career.

**building emotional IQ** Through her training in equine facilitated learning, Delahrose has further developed her emotional intelligence and interpersonal skills and can help develop these skills in others.

**handpicking the best**

As a project manager, Delahrose has handpicked the best professionals for the job to create a cohesive, creative and efficient project team. The award-winning development 'sunrise' on Queensland's Turtle Coast is a testament to this approach.

# team builder





# explorer

as an explorer,  
**Delahrose is forever in  
search of new ways to  
add value to her own  
life and the lives of  
others**

A passion for life-long learning has led Delahrose to explore not only the corners of the globe, but also many different walks of life and philosophies. The result is a uniquely holistic view of the human body and how we interact with others and the world around us.

Delahrose brings this unique perspective to every role – whether as a therapist, designer or team leader. And it is this perspective that enables her to inspire and awaken the senses of her clients, colleagues and friends.

as a life-long student,  
Delahrose holistic  
approach is founded  
in extensive  
education and  
training

**Shamanic Practitioner Training**  
(with Sandra Ingerman, Sante Fe,  
New Mexico)

**Equine Facilitated Experiential  
Learning Programme** (with Linda  
Kohanov, Arizona)

**Yoga Teacher Training**  
(Radiant Light Hatha Yoga,  
Brisbane Australia)

**Remedial & Swedish Massage**  
(Queensland Institute of Natural  
Science)

**Psychology-based Astrology  
Training** (Federation of  
Australian Astrologers)

**Spa Directors' Certification –  
Intensive** (Preston Wynne Spa  
& Salon Systems, California)

**Interior Decorating** (Valma Pugh  
Interior Decorating, Brisbane  
Australia)

**Aromatherapy, Organic  
Chemistry Diploma** (The  
Aromatherapy College of  
Queensland)

**Anatomy and Physiology**  
(Australian College of Natural  
Medicine Brisbane)

current studies

**Gestalt Psychotherapy**  
(Australian/New Zealand Institute)

**Mind Detox Method – Practitioner  
training** (with Founder Sandy  
Newbigging, UK)

**Certified Master Practitioner NLP**  
(Nero Linguist Programming  
and Hypnotherapy) (Worldwide  
International NLP Institute  
Australia)

professional associations

**Member of the International  
Federation of Aromatherapists**

**Member of the Equestrian  
Federation of Australia**

# student





to discover how you  
can awaken your or  
your clients' senses,  
please contact:

## Delahrose Roobie Myer

**email**            [drm@delahrose.com](mailto:drm@delahrose.com)

**mobile**            011-61-414 387 835

**instagram handles**    [@delahrose.roobie.myer](https://www.instagram.com/delahrose.roobie.myer)  
[@awakendesigns2002](https://www.instagram.com/awakendesigns2002)

**Websites:** [www.delahrose.com](http://www.delahrose.com) , [www.awakendesigns.com.au](http://www.awakendesigns.com.au)

delahrose

## Delahrose Roobie Myer

post

PO Box 1945  
Bowral NSW  
Australia 2576

INTERIOR ALCHEMIST

+61 (0) 414 387 835  
drm@delahrose.com

[www.delahrose.com](http://www.delahrose.com)  
[www.awakendesigns.com.au](http://www.awakendesigns.com.au)

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