



sense of soul

Shanna Vavra & Mande Nantkes

With trusted faith, Shanna and Mande set forth on an uncertain journey. Lead by their kindred souls and a shared desire to live authentically, they started Sense of Soul.

The Sense of Soul mission is built around helping others fall in love with themselves while healing and aligning with their true purpose. Shanna and Mande hope to spread love, light and offer support and guidance to those who are on their own journey to find their "Sense of Soul".

Through the Sense of Soul podcast, mobile boutique, online store, in-studio/online classes and a social media presence, Sense of Soul has leveraged numerous platforms to solidify their path and Shanna and Mande are now in a place of certainty that sharing through Sense of Soul is where they are meant to be.

Shanna is a mother of four and has discovered her Sense of Soul as a massage therapist and Reiki master. She enjoys coffee, murder mysteries, podcasts, crafts, shopping, meditation, teaching, crystals, the moon, 90's rap music, crawfish and the New Orleans Saints. Shanna highly dislikes raccoons.

Mande has three children and originally used her degree in communications to be a certified addictions counselor. She has found her Sense of Soul living a life in recovery and loves helping others to achieve sobriety. She enjoys cooking, sweeping her floor, sleep, meditation, coffee, hiking, birds, Reiki and cuss words. She highly dislikes the news and drinking water.

Shanna and Mande were originally connected at 15 and have truly become friends who are like family. They have walked through incredible trauma and grief together and now live gratefully that it is those experiences that have led to their awakening. While the rest of the world thought they were crazy, they leaned on each other through shared experiences and both physical and emotional pain.

With that being said, Shanna and Mande see the depths of the souls of others who haven't been fortunate to have someone to lean on to push through. Knowing how valuable it is to hear that you matter, the fire under their asses was lit and they have chosen to share experiences, healing and knowledge with the world- all wrapped up with a few cuss words and a lot of laughs!



PROFESSIONAL BIO

Hosts of Sense of Soul Podcast
Mobile Boutique Owners
Meditation Instructors

Shanna:

Reiki Master Teacher
Reiki Master Practitioner
Licensed Massage Therapist (LMT)

Mande:

Reiki Level II
Certified Addiction Counselor (CAC)
Bachelor of Arts, Communications

CONTACT INFORMATION



SENSE OF SOUL
WWW.MYSENSEOFSOUL.COM



EMAIL:
SENSEOFSOUL@YAHOO.COM



FACEBOOK:
FACEBOOK.COM/SENSEOFSOULSOS/



TWITTER:
TWITTER.COM/SENSEOFSOUL1



INSTAGRAM:
INSTAGRAM.COM/SENSEOFSOULSOS