

Biography



Facilitator: Reshmi Chetram

Reshmi Chetram (she/her) is an award winning, Indo-Caribbean Canadian performing artist, dance educator and cultural producer with a wide spectrum of experience in the dance industry. Reshmi's career, personal journey as a mother of two and a daughter/caregiver to a mother who lived with Alzheimer's brought a transition to her vision and her company [Reysh Rituals Inc.](#) was founded in 2020. Reshmi's company is here to hold space for a daily practice, use the power of dance, rituals, and natural therapies as a medium for rejuvenation and restoration in the mind and body.

Reshmi's work has been featured in: The Times of India, Toronto Star, Breakfast Television, TVO Kids and more.

*This document is available in alternate formats upon request.