

Press & Media Kit

RACHEL MCGARRY

Mantra Artist
Reiki & Sound Healing Practitioner

rachelmcgarry.ca



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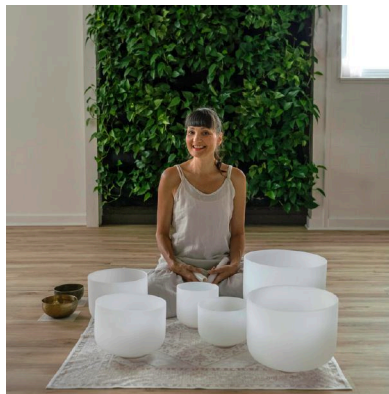
Rachel McGarry is an award-winning Canadian mantra artist, Reiki & sound healing practitioner, and meditation/yoga instructor (RYT-1000) based in London, Ontario. With a soothing voice and over 15 years experience in the healing arts, she offers immersive wellness experiences—from sound baths to restorative yoga with live music—that support relaxation, focus, and emotional well-being. [Intro Video](#)

- 2025 Best Chant Song, Beloved – New Age Radio Music Awards [Official Video](#)
- 2024 World Music Artist – Forest City London Music Awards
- 2024 Best World/Chant Album, [SHE RISES](#) – New Age Notes Radio Music Awards

SOUND BATHS

Immersive sound experiences using crystal singing bowls, chimes, mantra, and live vocal toning to promote deep relaxation, stress reduction, and nervous system restoration. Each experience is attuned to the unique energy of the group, offering a space for both rest and reconnection.

[Video link](#)



RESTORATIVE YOGA & MEDITATION

Gentle, supported yoga postures combined with live mantra-based music helps participants deeply relax and restore.

Guided meditation and breathwork sessions are designed to calm the mind, improve focus and increase resilience to stress.

SACRED MUSIC CONCERTS

Featuring original devotional songs that uplift and inspire. Whether offered as a full concert or woven into a wellness event, these live performances create a heart-centred atmosphere, focused on mindfulness and community connection.

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LOVE NOTES

"Rachel's presence at my women's weekend retreat touched and transformed the hearts of the women who were present. From her morning yoga classes to the sacred music concert in the evening, her passion and open heart brought smiles to our souls. Rachel clearly has a calling. Her presence is bringing more light and love into the world and I look forward to collaborating with her again."

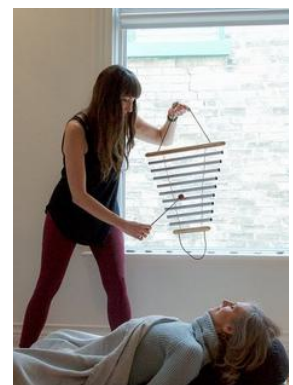
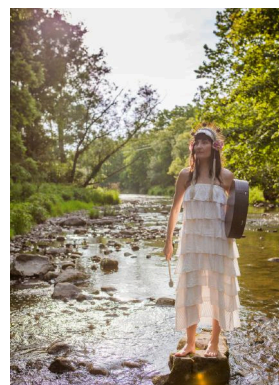
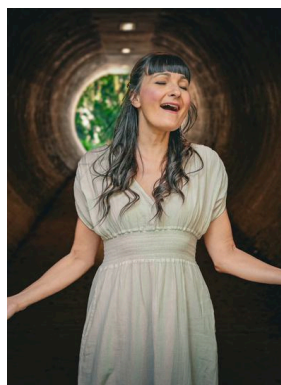
Diane Yeo, Celebration of Self Women's Retreat

"Rachel is a sensitive and skilled facilitator. Her gentle and responsive approach helps to co-create an environment in which we can take risks. Singing is a very vulnerable experience for me. Rachel's warmth and ease supports us to use our vulnerability and venture out of our comfort zones. I always leave feeling positive and empowered...and I sing in my car all the way home from our Sacred Singing Sessions."

Patricia Berendsen, Trauma Healing Centre of London

SAMPLE CLIENTS

Gender Equity Coalition of Ontario, Wild Soul Yoga Studio, Renewal Retreat Centre, The Stable Grounds: Mental Health Supports, Trauma Healing Centre of London, McCormick Care Group, &asanas Yoga, ATN: Access for Persons with Disabilities, Kaleidoscope Yoga, Wildflowers Farm, The Bell Tower Wellness



CONNECT

[Spotify](#)

IG: [@rachelmcgarrymusic](#)

FB: [@rachelmcgarrymusic](#)

[YouTube](#)

rachel@rachelmcgarry.ca
519-854-9364

rachelmcgarry.ca