

Véronique Cotnoir



I am a descendant of George Henry Cottenoir born in 1861 and Amanda Theroux. I am the daughter of Yvon Cotnoir and Nicole Amyot.

Graduated in International Studies from the University of Montreal and passionate as well about the areas of spirituality and the arts, I am currently working as a policy analyst with the Government of Canada. In my spare time I learn, move, observe, laugh and daydream.

What I like best in life is to spend time with people I love, cooking, yoga, spiritual study, dancing, jogging and observing the beauties of nature. I think the fact that all our wishes, when coming from a real place in us, can be realized. The Universe 'conspiring' to make us happy and to raise us. One need only take the opportunity when the chance arises. My mind is organized but the soul of a "gypsy".

I will be happy to share with you my experiences, thoughts and revelations in my articles. My goal is to plant a seed that will grow and inspire you in all facets of your life.