

Guylaine Vallée Biography



With singer Mitsou



On the set of *Salut Bonjour!*
with Guy Mongrain



On *2 filles le matin*



At *Caféine* with host Gildor Roy

Guylaine Vallée is one of Canada's most respected practitioners and teachers of the ancient Indian science of Vedic Palmistry. Guylaine has read the palms of people from all walks of life, from convicted murderers to spiritual icons like Mother Teresa and Dr. Wayne Dyer to celebrities, including Ricky Martin. She has counselled more than 15,000 clients on their emotional and spiritual health, career choices, and relationships during her 30 years as senior consultant and palmist at Montreal's government-accredited Birla College of Vedic Palmistry.

Background and Education

Guylaine, who is fluent in both English and French, graduated from Quebec's prestigious television program at Cégep de Jonquière's School of Media Arts and Technology then worked in theater, radio and as a film editor in Paris before discovering Vedic Palmistry in the mid-1980s. In 1985, she began studying under internationally acclaimed Astro-Palmist, Ghanshyam Singh Birla, founder of the Birla Center for Hast Jyotish, and earned an Advanced Degree in Astro-Palmistry from the Birla College and a Bachelor's Degree from the Indian Board of Alternative Medicines in Kolkata, India.

Teaching and Media Experience

Guylaine joined the Birla College faculty in 1986, where she teaches popular on-campus and online classes in both English and French and is Director of Post Graduate studies. She lectures on Vedic Palmistry throughout North America, speaking about the relationship between palmistry, healing, mental health and spiritual well-being at Canada's leading health and educational institutions, including the Canadian Cancer



At the Silva convention in Miami
taking the prints of Wayne Dyer



Guylaine (left) with Mother Teresa
in Calcutta, India.



In Miami with Ricky Martin



A weekend class with Guylaine



On the air with Annie Lessard host of *Annie Le Soir* on Cité Rock Détente

Society, Ste. Justine Hospital, the AIDS Association of Montreal, Concordia University and McGill University.

She has counseled inmates in maximum-security prisons on how to use palmistry as a tool for self-awareness, anger management, forgiveness, personal growth and positive change. A gifted and charismatic communicator, Guylaine was invited by a major Quebec cable network to host her own television series on the philosophy, history and benefits of Vedic Palmistry and Ayurvedic healing. The hit show, *Être bien dans sa peau*, made Guylaine a familiar face in the media, leading to scores of radio and television guest appearances, hundreds of print interviews and her own monthly advice column in Quebec magazine, *Dernière Heure*.

Guylaine has been invited to read the palms of local and international celebrities, both on-air and in private consultation, but the main focus of her work remains on helping everyday people live healthier, happier lives through the science and wisdom of Vedic Palmistry.

Institutions and Publications

Guylaine is the co-founder of the 500-acre Birla Wellness Retreat Center on a private lake in the Laurentian Mountains. When she's not travelling to lecture or consult with her U.S. clientele, she oversees the Wellness Center's Ayurvedic mind-body health program integrating palmistry with therapeutic massage, mantra meditation, yoga and spiritual visualization.

She has also coauthored a textbook on Vedic Palmistry and, in her highly-engaging biography, *The Happy Palmist: My Joyful Adventures in Vedic Palmistry*, Guylaine shares her personal story of how palmistry enabled her to overcome depression, experience a spiritual awakening, find happiness, and embrace her full potential.



Guylaine (left) visiting Saint-Vincent-de-Paul penitentiary with colleagues



On the set of *Évasion Beauté* with Lise Watier and Chantal Lacroix



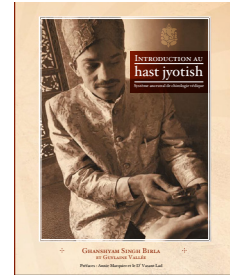
On the set of *Much Music* with Juliette Powell



On *La vraie vie* on Rock Détente with Dominique Bertrand and Jean-Michel Anctil



On the air with Annie Lessard host of *Annie Le Soir* on Cité Rock Détente



Guyline coauthored the French version of *Introduction to Hast Jyotish*

PUBLICATIONS

Self-Help Series (2016-2018):

Each 12 week program consists of 12 videos and a comprehensive 250-page self-guided, interactive book that draws on Vedic wisdom, Eastern philosophy, yogic exercises and the science of astro-palmistry.

- *The 90-Day Heart Line Challenge: Open Your Heart to Love, Joy and Happiness*
- *The 90-Day Head Line Challenge: Thinking Your Way to Happiness*
- *The 90-Day Life Line Challenge: Experience the Joy of Being Alive*

***The Happy Palmist: My Joyful Adventures in Vedic Palmistry* (2015) –** Autobiography co-authored with New York Times bestselling author, Steve Erwin

***Introduction to Hast Jyotish* (2010) –** Book co-authored with Ghanshyam Singh Birla

***The River of Life: An Unforgettable Journey Within* (2002) –** Book co-authored with Kathy Keogh



***Dernière Heure Magazine* –** Monthly advice column

Workshop Facilitator & Life Coach

Guyline is an exciting workshop facilitator and life coach focused on her 90-Day Challenge programs.



A workshop with Guyline



With Gino Chouinard, on *Salut Bonjour*



On *2 filles le matin* with host Julie Bélanger