

# 2026 sacrededge

Cradle of Life

## Profile: Mel O'Toole

Mel O'Toole is a creative educator, photographer and mentor with over two decades of experience in primary education and the arts. She facilitates inclusive, reflective art experiences that support people of all ages to explore creativity, connection and self-expression.

Mel is passionate about creating spaces where individuals feel safe to share, create and be seen. She is trained in holistic integrated creative arts therapy and yoga teaching and is the author and illustrator of a soon to be released, children's book exploring mindful living and the life wisdom of yoga.

She is continually lit up by the creative process and in quiet awe of how it often allows the opportunity to reveal something new about ourselves, offering a powerful way to express and connect with others.

