



Darlene Sowa

December 21, 1946 - July 14, 2024

Darlene Sowa passed away peacefully at her home in Hendersonville, North Carolina on Sunday, July 14, 2024, after a presumed battle with cancer.

Darlene was born in Detroit, Michigan where she spent her childhood and attended grade school at St. Raymond, and high school at SS. Cyril and Methodius. She worked at Wayne State University as a secretary to one of the doctors on staff while at the same time completing her higher education to attain a Master's Degree in Exercise Physiology. Darlene married the love of her life, Thomas Sowa, in 1972, and together they resided in Warren, Michigan until 2016 when they relocated to Hendersonville, North Carolina.

Darlene's accomplishments were extensive and impressive. She pursued and completed courses in energy healing. She attained certification as a Healing Touch Therapist (CHTP) and performed energy-focused therapy sessions for clients, family, and friends. She founded PFS (Professional Fitness Systems) guiding her clients through personal fitness programs. Her passion for holistic health and exercise culminated in authoring her 2007 book "Taking Flight Through Movement" which explores how exercise with spirit can enhance every experience in our life.

Darlene's true love and legacy was her love of the wonders of nature and God's beautiful world. The Blue Ridge Mountains of Hendersonville were her

oasis of peace and harmony. She initiated a hiking group and led routine hikes through the mountain trails. She acquired many friendships and experienced great joy from these experiences. Darlene could feel the energy housed within the crystals and ancient rocks she collected on her journeys. She was a perpetual student of metaphysics, the universe and the power of the changing seasons, the Eastern philosophy of healing, and spirituality. She was widely admired for her knowledge and avid reading in these fields. Darlene's philosophy was one of naturally focused self-care, meditation, and the power of harnessing the energy within yourself.

Darlene was a loving wife, sister, aunt, godmother and friend. Darlene was pre-deceased by her mother, Marian (Pasko) Danko, and her father Edward Michael Danko. She is survived by her beloved husband of 52 years, Tom, and their cherished dog Maggie, who was Darlene's constant companion. She is also survived by her brother Donald Danko (Nancy) and her sister Cheryl (Danko) Fox (Mark), seven nieces and nephews, and fifteen great nieces and nephews. She will be remembered for her undying passion for the beauty of creation and her desire to share her passion with all who knew her.