



## DIVINE SOUND, BREATH, AND REST

### A DAY LONG RETREAT

#### TO ALIGN AND ATTUNE TO THE DIVINE RHYTHM WITHIN

Allow some time just for yourself to reset, realign, deeply rest, receive, integrate and connect with your beautiful and special HEART & SOUL. A day of sacred sound accompanied by deep restorative, healing diaphragmatic breathing and peaceful restful Yoga Nidra.

**You will receive:** More clarity, increased resilience, emotional release into ease, rejuvenation, attune with a deeper, more natural rhythm from within, deeper HEART opening, stress relief and much more!

- ◆ Deep Diaphragmatic Connected Breathing
- ◆ Tongue Steel drum
- ◆ Daring to Rest Yoga Nidra

*Lunch, light snacks, tea, water included*

\$144 early registration (Feb. 15th), \$168 after

*(Please call if special financial arrangements are needed)*

February 29th, 2020: 9:30am-5:30pm (arrive 9:15-9:25)

Healing Tree Health and Wellness Center

152 Northampton Street, Easthampton MA

Register: Call 413-522-3324 or email  
Jaimee@rockstarnavigator.com

Don't Delay. Space limited to 10



Kailama Morris is a Somatic Breath Therapist and Life Coach with a private practice for the past nineteen years in Brattleboro, VT. Her greatest passion is to support individuals of all ages to connect, remember and enliven their own true inner wisdom. She knows it is possible to integrate trauma, live medication free, emotionally and mentally balanced, whole and fulfilled lives. She has a genuine intuitive gift sprinkled with experience, compassion and deep inner knowing. She consistently champions joy, overall well being and true happiness!



Caden has been drumming since the late 70's and currently enjoys creating sound with a variety of hand percussion instruments including, but not limited to, the Steel Tongue Drum, Djembe, Chakra Drum, American Indian and Pakistani Frame Drums, Darbuka, claves, marimba, thunder tube and rain stick. Caden's latest project is a CD of channeled melodies for peace and well-being entitled Music Medicine. They also volunteer their time playing at area Reiki Shares and Reiki Night at Cancer Connection in Northampton, MA.



Jaimee is owner and operator of Healing Tree Health and Wellness Center and a healer of over 20 years with a multidiscipline background in massage, bodywork and health and life coaching. She is inspired to help women with cancer thrive, not just survive and teaches Daring to Rest Yoga Nidra as a certified facilitator in her soul-whispered, one-of-a-kind rest cave. Her gift is teaching others how to heal through rest, finding their voice to advocate for their best health.