

JERRED & NATALIE

2018 workshop offerings

With a strong passion for sharing love and collective experience, we have cultivated powerful tools to assist in uniting the tribe of Gaia. Through yoga, sound healing, reiki, meditation and cacao ceremony we have discovered the power to co-create and manifest our highest potential.



RENEWED AWAKENING

Restorative Yoga, Reiki and Sound Healing.

Restorative Yoga postures ground you into your physical being as the sacred sounds of gong, singing bowls, flute, voice and other instruments transcend your state of consciousness. Feel the vibrations of these sounds permeate your being intuitively traveling to where you need it most.

The healing touch of Reiki will be offered to those who are open to receive it. As we journey through sound and stillness Reiki guides us into our natural state of balance so that the body's innate ability to heal is at full capacity.

SACRED VIBRATIONS

Journey through Sound

This is an immersive meditation guided by the resonant tones of alchemical crystal singing bowls, gong, flute, shamanic vocal toning, mantra and other sacred instruments. By surrendering to the vibrations we dive into our infinite inner worlds, embarking an inward journey of deep healing and exploration.

The healing touch of Reiki will be offered to those who are open to receive it.



MANIFESTING MAGICK

Sacred Cacao Ceremony

Ceremony opens with an intention setting circle in which each individual enters the space as a contributor. We then shift into the realm of the heart as we connect with each other alongside the spirit of Cacao. Using pranayama (breath), mantra (voice), and soul-gazing we'll align into a collective vibration of unconditional love. As we become more connected in this unified field we transition into our manifestation practices using guided meditation and the power of our voices to solidify our visions into our physical realities.

CHOCOLATE VINYASA

Ceremonial Cacao and Loving Flow

Explore the healing realm of plant medicine through movement and the heart chakra. As we align into the heart space we'll share our intentions and activate this powerful medicine through pranayama (breath) and mantra (voice). Let the blissful spirit of cacao guide your movements as we dance through the sacred practice of yoga. Feel euphoria and freedom in your body as you cultivate a deeper sense of love for yourself and others as we co-create a space of love and divine flow for everyBODY.



Reflections.

Testimonials and reviews from the Insight meditation app & from event participants.



★★★★★ 10 days ago in Miami

Estefania

Very loving and uplifting Meditation. Beautiful gift to surround ourselves with love!



★★★★★ 21 days ago in Redmond Oregon

Patty

Wow! It's like a freshly baked and toasted Everything bagel with a schmear of Love and Gratitude... Thank you. Thank you. Thank you.



★★★★★ 24 days ago in London, United Kingdom

Hannah

Magnificent and incredible! I love how open and unique this is as you allow us to do what feels right in the moment. After this I journaled and have really awoken to what my purpose is. Writing it down has affirmed within me what is true and what I came here to do! This was amazing and so deeply nourishing. Thank you so much 💖 Bless you 🙏



★★★★★ 23 days ago in Adelaide, SA, Australia

Jo Muir

Fabulous questions for reflection. Immense gratitude. Loved the flow of this, and awareness. Thank you namaste 🙏💖

"This meditation is remarkable! It lead me to a very deep part of myself and left me with a sense of magic."

- Chase A.



★★★★★ 23 days ago

Luke Nakad

Felt connected with the eternal now, love pouring out from my being, will add this meditation to my morning routine!



★★★★★ 24 days ago in Cedar Rapids, IA

Bo

Superbly powerful! Pacing, voice & sounds bring one to very high frequency of gratitude.



★★★★★ 2 months ago in Montreal, QC, Canada

🧘‍♀️ Melissa 🧘‍♀️

This took me on a deep tour of my inner world - I didn't want it to end.

"Jerréd and Natalie offer balanced, peaceful, and heart-centered classes. These yogis love what they do and live what they love. It's a joy to be in their class and I always leave feeling better than I did when it started. Jerred's voice and sound bowls are calming while Natalie lovingly guides you through an intelligent asana sequence. Their workshops are powerful experiences that I highly recommend!"

- Casey Hubbell, ERYT200 Seattle, Wa



★★★★★ 22 days ago in Los Angeles, CA, USA

Maria Rose

Beautiful! Time was suspended for me during this meditation... I loved the sound healing!

"Just what I needed in this period of my life. Thank you, I was smiling the entire time and still have a smile on my face. Feeling love, happiness, gratitude and connected."

- Sandra



★★★★★ 2 months ago in Pittsburgh, PA, USA

Maria

I expected a guided meditation along w/the crystal bowls. I found myself relaxing and taking in the sounds in a satisfying and nourishing way. At some point I realized I was visualizing that I was surrounded by my ancestors and things began to unfold from there. It was such an unexpected experience/vision. Many thanks for this healing journey.



★★★★★ 16 days ago

Max Fleischmann

Very relaxing. My body was buzzing so hard almost shaking when the drum came in.

"Completely immerses you in sound. Phenomenal."

Jackie O.



★★★★★ 6 hours ago in Lake Worth, FL

Jana Costa

This is a journey in inspiration. It takes you to a meditative state somewhere inside yet out into the Universe simultaneously. I've loved my journey each time. THANKS



★★★★★ 2 months ago in Buffalo NY

Ron E

I love this piece, especially as it grrraaactually shifts over time. A rare instance of the "ancient"/tribal coexisting with contemporary electronic effects in an effective (non-cheesy/clichéd) way.

"Jerred and Natalie have such a warm and welcoming presence that you can't help but feel joyful around them! They have an unparalleled ability to guide and nurture you through your experience, whether it be a sound bath, meditation, cacao ceremony or restorative yoga. Every experience with them I leave feeling lighter, happier and more present in my life and with tools to stay grounded and navigate through the challenges that life often brings. My life would not be the same without the bright light of these two souls!"

- Eryn



★★★★★ 2 months ago in Mississauga, Canada

Deborah

True to the description..Will do often to open, reveal the Divine Path and light that Great Spirit and Great Mystery has for me.. Thank you.. Namaste...



★★★★★ 2 months ago in Evansburg, Canada

Serena Gordon

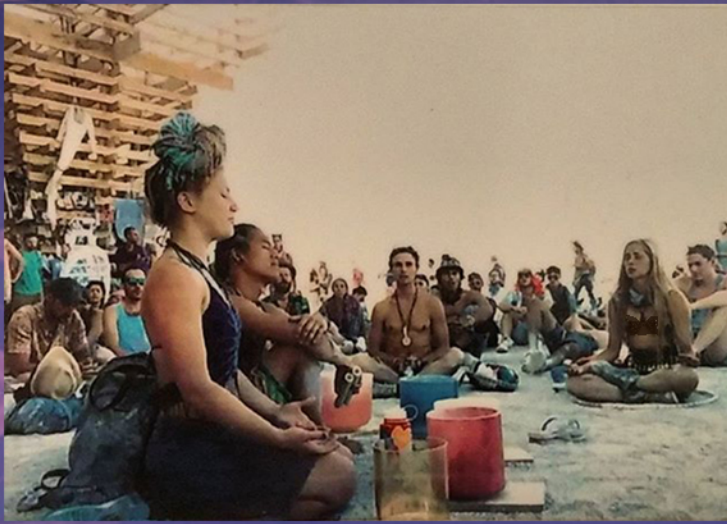
Pure bliss 🌟 truly no others words 💖

About Us

Jerred and Natalie met in the midst of a massive shift in their lives. Natalie was already deep into her own transformational work and Jerred was soon to experience his first awakening. Developing consistent meditation and yoga practices lead to exploring sound healing, reiki and cacao ceremony. After receiving the magical benefits of these tools they realized their calling as a team to share what they had discovered with as many people as possible.

With a willingness to sit in stillness and learn, they have found inspiration and guidance from various workshops and mentors in their local community as well as distant community gatherings and events. They have been sharing their offerings for over two years all over Seattle and throughout the country. They have a dedicated study and continue their education through yoga teacher trainings, reiki initiations, workshops, consciousness gatherings, private instruction and self study.

It is their contribution to humanity to unite Gaia and her tribe. They believe that through these sacred practices all beings can align in a vibrational frequency of love and ultimately offer the Earth a greater sense of peace and transformation.



Collaborators

- Street Yoga
- CorePower Yoga
- Tiger Lily Yoga
- Tuladhara Yoga
- BlackMoon.Yoga
- Live Love Flow Yoga
- Home Yoga
- Kanjin Yoga
- InnerFit Wellness Center
- Flow Fitness
- Seattle Sound Temple
- Seattle Pacific University
- Burning Man Community
- Soul(ar) Society
- World Rhythm Festival

References

Alicia Barrett - Owner @ Tuladhara Yoga - 253.244.9056 - alicia.tuladharayoga@gmail.com
Beth Cline - Director of Innovation and Wellness @ Flow Fitness - 206.853.8869 - beth@bethcline.com
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