



MIND & BODY RESET

Lower stress and anxiety levels, heal body and mind
and find deep relaxation through Breath & Sound



ABOUT

Jane Alexander
Somatic Healing Expert

As a certified Sound Healing and Somatic Breathwork Facilitator and Mind Body Coach, Jane incorporates various somatic healing and coaching modalities in her practice to help her clients heal trauma, reset body and mind, and to empower them to step fearlessly into their future and full potential.

[JANE@TAN-ATARA.COM](mailto:jane@tan-atara.com)



RESET & HEAL

Body and Mind

Lasting stress and not fully integrated past experiences reside in our body as energy. Often referred to as trauma or stress responses. The energy still stored in the body keeps us stuck in a loop of the past, can cause anxiety and depression symptoms and leaves us in a constant state of fight or flight. Only when we allow ourselves to go within, find stillness and bring awareness to the spaces where we still hold on to our past and to stress, we can create lasting change. When we allow ourselves to feel the emotions connected to past experiences, we are able to release the energy from the body and allow the body to return back to a balanced state. Once the body comes back to balance, anxiety and stress symptoms naturally subside and we are able to reconnect to inner peace, our own strength and our innate healing capacities.



OUR WELLNESS EXPERIENCES

Explore our transformational Wellness Experiences curated to reset the nervous system and to promote inner peace, relaxation as well as mental and physical health.



SOUND IMMERSION

Your Stress Reset

Sound Immersions are a powerful modality to reduce stress and to allow you to move back to a place of deep relaxation, rest and inner peace.

What is a SOUND IMMERSION?

Sound Immersions are meditations immersed in sound. Unwind into a World of Sound that allows the body to naturally move back to a place of inner stillness, peace and tranquility. Sound Immersions are a safe space and offer the body the ability to replenish and activate the body's innate healing capacities. Reconnect to a deep sense of inner peace, stillness and relaxation.





STRUCTURE OF A SOUND IMMERSION

We offer 1-hour Sound Immersions incorporating Somatic Cueing, Grounding and Awareness Practices, Breathwork, Intention Setting, Guided Meditation and an Immersion in Sound with Gong, Tibetan Bowls, Rainstick, Crystal Bowls and Elemental Chimes.

THE PROCESS



Unwind

Breathe, feel and immerse yourself
in powerful sound vibrations.



Connect

Be guided to the places within
that want to be looked at and
felt so you can heal.



Relax & Heal

Ground yourself and clear
your mind so you can find
relaxation and healing.

BENEFITS OF A SOUND IMMERSION

Everything is vibration. Sound is vibration. Sound moves where it is needed in the body to reinstate the body's innate vibration. This is how we move back to balance.

B relieve anxiety and stress
reduce depression symptoms
improve sleep quality
enhance mood and focus
find deep relaxation



SOMATIC BREATHWORK

Your Anxiety Reset

Somatic Breathwork is an incredible modality to
reset anxiety and other somatic responses so
you can reset your nervous system and reclaim
balance of body and mind.



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What is SOMATIC BREATHWORK?

Somatic Breathwork is a full embodiment experience designed to help release stress, trauma, emotions and stored, unserving energies from the body. It is a highly transformative modality that utilizes the breath to move to the places in the body where stress, trauma and limitation resides. The somatic and trauma informed focus, allows for a full nervous system reset and facilitates mind body healing and a deep sense of safety, relaxation and inner peace.

What keeps you from inner peace
and stillness are the emotions you
do not allow yourself to feel.



STRUCTURE OF SOMATIC BREATHWORK

We offer 1.5 hour Somatic Breathwork™ Journeys to release, rewire, relax and reconnect. Somatic Breathwork™ Sessions facilitate a cleansing phase to release stagnant energy and trauma from the body and a repatterning phase to reset the nervous system and to reclaim inner peace, trust and health.

The PROCESS



Breathe

Utilize your breath and breathe deeply all the way down into your belly to connect with emotions and trauma stored in the body.

Feel & Connect

Feel into what needs to be felt. Unwind in a safe space that encourages you to be in your fullest expression. Create the space needed to cultivate in your body how you do want to feel and become empowered to live your life on your own terms.



Integrate

Feel deeply grounded and connected to yourself. Take a moment and be with the new found safety in your body that led you back to peace and strength and anchor in the wisdom you gained.



BENEFITS OF SOMATIC BREATHWORK



relieve anxiety and
stress symptoms



reduce depression &
PTSD symptoms



integrate & heal
trauma



reset the nervous
system



increase well-being
& mental clarity



improve overall
energy levels



THE HEALING EXPERIENCE

MIND & BODY RESET

The Healing Experience combines journaling, dancing, shaking, breathwork and sound for a deeply transformative wellness experience.

WHAT IS THE HEALING EXPERIENCE

The Healing Experience is a highly transformative wellness experience that utilizes and blends the power of journaling, dancing, shaking, breathwork and sound to promote inner peace, deep relaxation and mind body healing.



STRUCTURE OF THE HEALING EXPERIENCE

Our 2-hour Healing Experience blends somatic awareness and grounding practices through journaling, dancing and shaking with somatic breathwork and a sound immersion to connect to the places within that need our attention and healing so we can move on from the past, balance body and mind and step empowered into our future, ankered in safety and peace.

THE PROCESS



Ground

Journey inward and connect with your body and what is showing up for you right here and now.



Release

Breathe into the spaces within where you hold on to the past, allow yourself to feel and let go.



Integrate

Through sound and awareness anker the shifts and wisdom into body and mind.



BENEFITS OF THE HEALING EXPERIENCE

relieve stress and anxiety
reduce depression & PTSD symptoms
integrate & heal trauma
reset your nervous system
find deep rest & relaxation
improve sleep & overall wellbeing

OUR PROMISE

Mental and physical symptoms such as anxiety, depression and autoimmune responses are signs of an imbalance in the body. When we tune in and listen to our body and allow the body to move through its process, the body will naturally move back to balance. This is how mental and physical symptoms naturally subside. Our body carries everything needed within to return back to peace and health if we allow ourselves to listen. Our offerings create a safe and sacred container to relax, to let go and to heal. We invite our participants to reconnect with themselves and their body and to release past experiences and patterns that are no longer serving them, so they can make peace with the past and step empowered into the future they desire. We cannot wait to connect and collaborate for a transformative wellness experience.

@TANATARAHEALING

