



# MIND & BODY RESET

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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 & Somatic Breathwork Facilitator and Mind Body Coach, Jane is dedicated to empowering individuals to reclaim calm and balance in their lives. With a trauma informed and somatic approach to healing that blends various somatic healing modalities, Jane supports her clients in managing stress and anxiety levels and in healing body and mind. Her highly transformative offerings are designed to alleviate tension, promote relaxation, and build resilience, enabling individuals to navigate life's challenges with clarity, trust and a regulated nervous system. Through compassionate guidance and self-empowering practices, Janne inspires a transformative journey of self-discovery and healing, one mindful breath at a time.

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





# RESET & HEAL

## Body and Mind

Lasting stress and challenging experiences leave an imprint on our body. When we have a demanding career and busy lifestyles practicing self-care can feel like one more action item that needs to be completed. But constantly choosing work over self-care won't allow the body to move back to a regulated nervous system state, and often causes anxiety, depression, overwhelm and insomnia. How to move forward? When self-care is key to a regulated nervous system and mind-body health carving time out of your day to practice self-care is essential. But self-care doesn't have to be time consuming. The right practices will not only allow you to show up as the best version of yourself in business and in your life, but will also bring you time effectively back to balance so you can achieve your goals. Stress accumulates in the body so we need to work with the body, the "soma" to release it. With the right somatic practices you will not only stop choosing between your goals and a regulated nervous system, but you will also accelerate in life and in your journey toward your goals with resilience, calm and balance.



# OUR WELLNESS EXPERIENCES

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



# SOUND IMMERSION

Relax Body & Mind

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

Reset Body & Mind

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.



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

# 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.



## 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

## HEAL BODY & MIND

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, anchored 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 anchor the shifts and wisdom into body and mind.



## BENEFITS OF THE HEALING EXPERIENCE

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



# OUR PROMISE

Challenging experiences, stress and trauma dysregulate our nervous system. A dysregulated nervous system state can manifest in the body as autoimmune conditions, anxiety, depression, insomnia or restlessness. The fastest way to regulate the nervous system and to bring body and mind back to balance is through Somatic Practices. When the “Soma”, the body shows symptoms of dysregulation, it is through working with the body that we can heal the cause effectively. Our body is the key to our healing. Tanatara Healing LLC offers transformative wellness experiences and products that will help you get to your health goals the most effective way possible so you can accelerate in life and business. Whether you are looking to relax body and mind, reset your nervous system or transform your mind-body health, we are here to support you. We cannot wait to have you join one of our offerings or collaborate with you for a transformative wellness experience.

@TANATARAHEALING

