



# HEART-MIND FITNESS TRAINING

*presents...*

Private Group Sound Baths & Body Work

w/ Jaspal Kaur & Nazra Peterson



Nazra Peterson

Life-Coach/Massage Therapist/Facilitator

After years of study in the area of personal development, Nazra developed a passion for helping others. After years of being passionate about Psychology, she started to gain a curiosity of Neuroscience. Her passion is marrying the spiritual “woo woo” with science is how she developed Heart-Mind Fitness Training.

Heart-Mind Fitness Training is about mental and emotional fitness via rewiring your brain by creating healthy habits and developing deeper brain and heart coherence to bring the body back into a state of homeostasis. Under the HMFT umbrella are other various services including, massage, wellness retreats, private workshops & group healing sessions.



Jaspal Kaur

Kundalini/Sat Nam Rasayan/Sound Immersion Facilitator

A Nature lover, Jaspal has had a fascination with the origin of things. It was through a series of fortuitous events that she found kundalini yoga. The diversity of this yoga allowed her to continue exploring and discovering ways to live life more joyfully. She soon became a Kundalini Yoga teacher in studios, schools, shelters, workshops, to people of all abilities and ages.

Her extensive experience led her to teach meditation and facilitate sound healings. She now offers classes and custom designed workshops. The themes can vary from increasing energy, eradicating addictions, to spiritual as embracing your divine self. The multitude of kriyas (sets) allow for an amplitude of choices, in yoga as well as meditations.



# Private Group Sound Baths

AT-HOME  
BY HEART-MIND TRAINING

## Energy Services

Sound Baths  
Cacao + Breathwork Ceremony  
Sat Nam Rasayan Healing  
Kundalini Yoga Set

## Body Services

Le Fluide Massage  
Raindrop Therapy  
Massage + Raindrop Combo

*\*Choose 2 energy services and 1 body service.  
Two person minimum for all services.*

323-251-1531

[www.heartmindfitnesstraining.com](http://www.heartmindfitnesstraining.com)



# WE OFFER OUR SERVICES

*7-Days a week by appointment only*

In the comfort of your home or backyard

Sunrise & Sunset Services

New Moon & Full Moon Services\*

Summer & Winter Solstice Services\*

For a minimum of 2 ppl & maximum of 6 ppl

\*Additional deposit required

We are a mobile service. Location is provided by client.



# SERVICES MENU

## Energy

Sound Bath \$140 for (2ppl minimum) + \$45 per additional person (1-hr)

Full Moon or New Moon Sound Bath \$170 for (2ppl minimum)

+ \$60 per additional person (1-hr)

Cacao+ Breathwork Ceremony \$110 for (2ppl minimum)

+ \$55 per additional person

(1-hr)

Sat Nam Rasayan Healing \$100 per person w/ 2ppl minimum

(45-min)

Kundalini Yoga Set \$90 for (2ppl minimum)

+ \$45 per additional person (1-hr)

## Body

Le fluide Massage \$150 per person (1-hr) (2ppl minimum)

Raindrop Therapy \$175 per person (1-hr) (2ppl minimum)  
(includes foot and neck massage)

Massage+Raindrop Combo \$200 per person (75-min)  
(2 ppl minimum)

\*Minimum of 2ppl per service. Maximum of 6ppl per service.  
(For slightly larger requests, please contact us to see if we are able to accommodate.)

\*Must choose a minimum of 2 energy services + minimum of 1 body service)

\*\$150 non-refundable (one-time transferable) deposit to book.

\*Balance due upon arrival the day of your event.

\*Gratuuity welcome, but not required. (Not included in pricing)

\*Travel not included.



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\*Travel not included.



# SERVICE NOTES

\*Minimum of 2ppl per service. Maximum of 6ppl per service.

(For slightly larger requests, please contact us to see if we are able to accommodate.)

\*\$150 non-refundable (one-time transferable) deposit to book.

\*Zoom consult available prior to booking.

(Recommended not required.)

\*Gratuuity welcome, but not required. (Not included in pricing)

\*Travel not included.



# SOUND BATH

- Sound bath starts with centering, or tuning in, followed by meditation setting intentions
- Brief guided relaxation to surrender to the sounds.
- During Sound bath ancient healing instruments (Tibetan singing bowls, gong, ocean drum, shakers, chimes, rain sticks, and more) are played.
- Sound baths bring deep relaxation, it is common to fall asleep or be in a dream state.
- Guided gentle waking up of the body followed by gratitude prayer.



Cacao Ceremony is **essentially a marriage ceremony, as it harmonizes the masculine and feminine energies within the body.** This heart-opening ceremony restores balance within the physical and subtle bodies, and as our hearts open, we become more aware of our innate treasures and gifts.

Breathwork is an active meditation used to move stagnant energy and release blockages, allowing us to connect deeply with our own source vibration. It also helps you move from your sympathetic nervous system to your parasympathetic nervous system.

This can help you retrain your autonomic nervous system and boost your immune system to facilitate detoxifying and healing benefits in the body.

Breathing with cacao deepens the effect of the breathing technique and at the same time the breathing helps to **increase the effect of cacao.** A beautiful synergy. A powerful breathwork technique used is the Wim Hof Method.



## CACAO + BREATHWORK CEREMONY



# SAT NAM RASAYAN

Sat Nam Rasayan, which translates to deep relaxation in the true identity. This is an ancient healing art and contemplative practice.

The heart of the method is pure, meditative absorption on the Divine, and the potential for spontaneous healing that comes from it.

Unlike Reiki, a Sat Nam Rasayan practitioner does not invoke a specific frequency or energy. They simply open themselves as a vessel for healing energy to come through.

The gatekeeper for this experience is shuniya. Sanskrit for zero, shuniya is the complete surrender into emptiness in which we experience existence as the sum total of itself. We could call this Brahma, Christ Consciousness, or Sat Nam. Shuniya is the foundation from which the Divine can work through us in absolute clarity; if we can make ourselves zero, we make way for the divine to flow through.



# KUNDALINI YOGA SET

- Kundalini yoga class is usually geared to one goal, may be physical (energize, balance digestion, detox liver), emotional (release anger, overcome addiction, fear) or spiritual (working on different chakras, developing intuition). This is established prior to class, according to your needs.
- Class starts with tuning in, establishing intention. It is followed by a set of kriyas (postures) where breath, body and mind work synchronistically.
- Many times the yoga set requires the recitation of mantras (repetition of sacred words), and breath exercises. Everything is to be done to the best of your abilities, to improve where you are by making an effort without creating discomfort.
- The yoga set ends with deep relaxation, where recorded music or live soft instruments are used.



# Lé fluide Massage Experience

Lé fluide is an intuitive holistic massage experience that uses yoga inspired rhythmic strokes, to massage the body, while using breathwork, meditation & trance to induce healing in the body. The technique uses hands, arms, feet and legs to massage multiple parts of the body simultaneously. This massage uses a blend techniques and feels similar to a 4-hands massage.

In Lé fluide, I use 100% organic MCT oil, infused with CBD & essential oils. Rose water is also sprayed at different points throughout your massage experience to cool & awaken the body.



# Raindrop Therapy Technique

Raindrop Therapy combines unique, targeted stroking movement to the back and feet with pure, authentic essential oils for a deeply harmonizing, detoxifying, rejuvenating, and relaxing experience.

Raindrop uses the following essential oils: Valor II, Oregano, Thyme, Basil, Cypress, Wintergreen, Marjoram, Aroma Siez, & Peppermint.

**Ingredients of Valor II are:** Caprylic/capric triglyceride, Cananga odorata (Ylang ylang) flower oil, Coriandrum sativum (Coriander) seed oil, Citrus aurantium bergamia (Bergamot) peel oil, Picea mariana (Northern Lights black spruce) leaf oil, Chamomilla recutita (Matricaria) flower oil, Picea pungens (Idaho blue spruce) branch/leaf/wood oil, Boswellia carterii (Frankincense) oil, Vetiveria zizanoides (Vetiver) root oil, Cistus ladaniferus (Cistus) oil, Cinnamomum cassia (Cassia) leaf oil, Artemisia pallens (Davana) flower oil, Pelargonium graveolens (Geranium) flower oil

**Ingredients of Aroma Siez are:** Ocimum basilicum (Basil) oil, Origanum majorana (Marjoram) leaf oil, Lavandula angustifolia (Lavender) oil, Mentha piperita (Peppermint) oil, Cupressus sempervirens leaf/nut/stem oil

**\*Not** for women who are pregnant, in the process of trying to become pregnant, lactating or those who are on blood thinners or prescription drugs with contraindications.

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THANK YOU

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