

Sacred Lotus Wellness

Signature Healing Experiences with Jennifer Forshee

Like the seed that must rest in darkness before reaching for the light, my journey reflects the path of the lotus—rooted in the depths, rising through murky waters, and unfolding into full expression.

What begins as something fragile becomes something powerful through trust, surrender, and transformation. My path has been one of moving beyond material attachments and physical desires, learning to soften, open, and expand. I've learned to dance between death and life, honoring the beauty and necessity of both.

These transformational experiences weave together years of study, self-exploration, and personal healing. Each offering integrates intuitive guidance, yoga, bodywork, energy healing, sound therapy, crystal therapy, ceremonial practices, creative expression, and nature-based modalities into deeply personalized containers for healing and self-discovery.

My mission is to guide you back to your own inner knowing—to remind you that everything you seek already lives within you.

You carry the medicine. You are the gift.

Wellness Offerings

A curated collection of integrative experiences designed to support relaxation, nervous system regulation, emotional release, and personal transformation. All offerings can be customized to align with your retreat or wellness program.

Healing Immersion Experience

A customized 2-hour session blending yoga, breathwork, meditation, sound healing, energy work, and nature-based practices.

Private: \$222 (special rate)

Group (6–10): \$55 per person

Yoga & Embodiment Practices

A Sampoorna yoga experience (1–1.5 hours) integrating mindful movement, mantra, breathwork, and deep relaxation (flow, restorative, or hatha).

Private (1–2): \$166

Groups (10+): \$35 per person

Sound Healing, Meditation & Yoga

Crystal singing bowls combined with guided meditation for deep relaxation and energetic balance.

Private (1 hour): \$133

Groups (6–10): \$65 per person

2-Hour Private Experience:

Includes gentle yoga, guided meditation, breathwork, crystal therapy, and sound healing.

Investment: \$266 one on one

Chakra Balancing Workshop

An immersive introduction to the chakra system, with practical tools for alignment through breath, mantra, asana, color, food, crystals, and sound.

Group (5+, 3 hours): \$133 per person

Intuitive Guidance Sessions

Card-based readings offering clarity, insight, and energetic alignment.

13-Card Spiral Reading

A comprehensive reading that reflects chakra alignment and key life areas for refinement and growth.

Private (60 min): \$133

Group Experience (3-card reading):

\$44 per person (6+)

Massage & Chakra Balancing

Therapeutic bodywork combined with energetic alignment. Modalities include Shiatsu, relaxation, and deep tissue.

Private (1 hour): \$133

Group Workshop (6+):

Shiatsu techniques + chakra balancing

\$66 per person

Psilocybin & Rapè-Assisted Healing Experience

Facilitated group or private ceremonial containers focused on deep healing, emotional release, and expanded awareness. These experiences support ancestral healing, soul retrieval, chakra clearing, and deprogramming.

Group (5–10 participants, 4–6 hours): \$333 per person

Private Sessions: Custom pricing based on duration (consultation required)

Rapè (sacred tobacco ceremony)

Private 1 person \$222

Groups of 5 or more \$77 pp

Creative Expression Workshop: Dreamcatcher Making

A meditative, hands-on experience where participants create their own dreamcatchers with intention and presence. This workshop weaves creativity, storytelling, and cultural awareness, exploring the symbolism of dreamcatchers and the role of dreams in spiritual practice.

Participants are guided to infuse their creation with clarity, intention, and energetic alignment.

Private Workshop: \$222

Group (6+): \$55 per person

Custom Retreats & Group Experiences

Tailored wellness programming available, including:

- Into the Womb 5 Day retreat
- Women's circles & goddess river day retreats
- Nature immersions, spa days & River clay detox experiences
- Creative workshops & Personalized retreats
- Goddess River Day Retreat
- Private and group experiences

Custom pricing available upon request

Booking & Integration

All offerings can be adapted in duration, format, and group size to meet the needs of your retreat or wellness space.

🌸 Learn more: www.sacredlotus.yoga

🌟 Jennifer Forshee

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