

# Who & what???

We are **Seedlings of Gaia**, certified mindfulness practitioners here to bring you safe & qualified services for personal development & corporate harmony. We offer a number of classes, sessions & events aimed to help individuals or businesses find balance through innovative methods.



## Join us & experience

We'd be delighted to welcome and guide you through a transformational practice while you're supported and taken care of so that you feel safe to continue in your journey of self-development.

- **Certified Sound Therapy**
- **Coaching & Trainings**
- **Meditation & Breathwork**
- **Mindfulness for Business**

## Contact us

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# Seedlings of Gaia

Find Balance Within Yourself  
through Mindfulness

What is a  
**Sound Bath**

The mindful practice of healing through sound using specific sacred instruments such as the Gong or Tibetan singing bowls that create vibrations that help shift our brain waves to a more relaxed state to deal with stress and anxiety and open up.

Has been proven by recent studies to help with a number of issues such as: insomnia, irritability depression, fatigue, pain and stiffness.

+  
Grounding meditation & breathing exercises.



## Meet the coaches



### Jorge Llanos

Hello, I am Jorge a certified sound healing practitioner with background in music, reiki healing and life coach. Pleased to guide you in the journey of self-discovery.



### Stacy Makashi

Hello, I am Stacy, a certified meditation and mindfulness practitioner experienced in guiding classes, breathwork and self-help tools. Pleased to guide you in the world of inner calm.



## Training for Businesses

Our mindfulness programs are tailored to meet the specific needs of your business to help you create a healthier, more productive workplace.

### Training topics :

- Self-awareness
- Attention training
- Learning positivity
- Problem-solving

Helping staff members learn tools to combat stress, build focus more easily and shift towards a problem-solving mindset at any time.

### Innovative methods:



#### Body-Scan

Specially designed to help release, ground and bring attention back.

#### Meditation

Strengthens focus & helps with self-awareness and to better self-control.



#### Breathwork

Provides breathing types to release stress & anxiety to help fuel the nervous system.

**Don't hesitate to contact us to learn more!**