

HARMONIC PRANA

With Jamie Dubin

At Safe Haven
203 Bridge Street Arroyo Grande CA



For information & upcoming classes please contact
Safe Haven: 805-489-9659

Deeply empathic, intuitive, and compassionate, Jamie is a heart-centered healing arts practitioner who works with Breath Work, Sound Healing Vibration, and Reiki to facilitate healing experiences for others.

About Jamie

She was called to breath work and sound healing while battling a physical illness. She experienced the profound healing power of the breath and has since been mentored by her incredibly gifted life coach and breath work expert, Daniela Gil. She sought out her favorite sound healer, Larisa Gosla, and took training for her sound healing certification with an emphasis on using crystal quartz bowls to balance and align chakras. For a perfect trio of modalities, she studied with author and Reiki Master, April Pfender, for Usui Reiki training. She is dedicated to sharing the gift of pranayama breathwork and sound with a special focus on working with people healing complex physical illnesses.

