



## Awakening Indigenous

Breathing, Meditation, and Self Healing Techniques

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

# Press Release

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### For Immediate Release

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**Vancouver, BC based volunteers travelling -offering free breathing, meditation, and self-healing group sessions, next stops are: Tofino and Ucluelet, BC**

**Vancouver, BC (February 28, 2018)** Founders of Awakening Indigenous are Jenny Morgan from the Gitksan First Nations, and Nathan Zafran who is of Polish/Jewish ancestry. They began volunteering together in 2016 and have evolved to promoting their website, offering group sessions in the greater Vancouver BC area to organizations (staff, client groups, etc.), having on average facilitating 30-40 group sessions per year. In 2018 they began holding their own monthly group session open to everyone, in Vancouver at the Collingwood Neighbourhood House. These have been a great success.

For 2018 they have secured several funders to support travelling to communities across BC, to share their free services of breathing, meditation, and self healing. Their first trip was to Prince George and Quesnel in February. The trips consist of scheduling group sessions with Indigenous communities and organizations, along with a public session where everyone is invited.

Group sessions are usually 1-2 hours in length, participants are seated in chairs in a circle, and Jenny and Nathan co-facilitate. At the end of the session individual energy healing sessions are offered if and when there is sufficient time. They also provide their contact information for the website where participants can use it as a resource for: easy to follow written and guide videos, BLOGs and VLOGs, links to the YouTube channel, a newsletter sign up, links to social media to stay connected and hear about the next events, and some additional information on spiritual healing and awakening. All free of charge.

The next communities they'll be visiting are:

Tofino, BC, Tofino Community Hall, Thur Mar 15, 2018 6:00pm-7:30pm

Ucluelet, BC, Ucluelet Community Hall-Fitness Studio Room, Sat Mar 17, 2018 12:00pm-2:00pm

These are open to the public and everyone is welcome.

*"We look forward to meeting everyone in these communities and sharing techniques that have helped me in my journey"* said Jenny Morgan.

*"I'm grateful to share, and volunteer my time, promoting healing and spiritual awakening with all those who attend our sessions and visit our website"* said Nathan Zafran.