



Awakening Indigenous

Breathing, Meditation, and Self Healing Techniques

www.AwakeningIndigenous.com

Press Release

For Immediate Release

Awakening Indigenous, Contact Jenny Morgan
Vancouver, BC, Canada, Phone: (778) 775-9550
Email: AwakeningIndigenous@gmail.com

Vancouver, BC based volunteers -offering free breathing, meditation, and self-healing group sessions, next stops are: Prince Rupert to Smithers, BC, with a number of places in between.

Vancouver, BC (April 24, 2018) Founders of Awakening Indigenous are Jenny Morgan from the Gitksan First Nations, and Nathan Zafran who is of Polish/Jewish ancestry. Volunteering since 2016, they promote their website, offering free group sessions in the greater Vancouver BC area to organizations (staff, client groups, etc.). In 2018 they began holding their own monthly group session open to everyone, in Vancouver at the Collingwood Neighbourhood House.

2018 they 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, and Tofino and Ucluelet in March. This included sessions with Indigenous communities, along with public sessions where everyone is invited.

Group sessions are usually 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. Their website is a free 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 some additional information on spiritual healing and awakening. All free of charge.

The May 12-18, 2018 public sessions are:

- Kitimat, Sat., May 12, 12:00-2:00pm: Kitimat River Lodge Rec Centre, 654 Columbia Ave W.
- Prince Rupert, Sun., May 13, 1:30-3:30pm: Nisga'a Hall, 860 3rd Ave W.
- Prince Rupert, Mon., May 14, 2:00-4:00pm: Nisga'a Hall, 860 3rd Ave W.
- Terrace, Tue., May 15, 2:00-4:00pm: Knox United Church, 4907 Lazelle Ave.
- Hazelton, Wed., May 16, 10:00am-12:00pm: St. Peter's Anglican Church, 4390 Government St.
- Moricetown, Wed., May 16, 2:00-4:00pm: Moricetown Health Centre, 204 Beaver Rd.
- Smithers, Wed., May 16, 6:00-8:00pm: Smithers Public Library, 3817 Alfred Ave.
- Hagwilget, Thur., May 17, 2:00-4:00pm: Hagwilget Gathering Place, Hwy.62.
- Kitimat, Fri., May 18, 1:30-3:30pm: Kitimat Public Library, 940 Wakashan Ave.

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.