

SOUND BATHS, REIKI, YOGA,
BREATHWORK, DOULA SERVICES, AND MORE



RESET, REALIGN, AND RECHARGE

ONE-ON-ONE AND GROUP SESSIONS AVAILABLE

Tatiana is a certified in Sound Healing, various forms of Yoga, and Reiki. She leads sound baths, workshops, circles and more. Tatiana is also a certified Sacred Birth Doula and Breathwork Instructor. She offers individual and group - public or private - sessions (at your preferred destination or hers). These sessions help to reset, realign, and recharge you energetically, mentally, and physically. Book today!

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O F F E R I N G S

Sound Baths (with optional Gong)

(a unique sound healing journey with crystal singing bowls, bells, gong, and other instruments)

Yoga Teacher (Hatha, Yin, Ganja, and Prenatal)

(and hosted yoga group workshops)

Personal One-on-One Tata Tuning Sessions

(Includes mild bodywork, stretching, and light massage, Reiki, sound healing, indigenous music, essential oils, etc.)

Healing Hapeh Ceremonies

(mind clearing and body purging with indigenous paints, music, and sound healing)

Sacred Birth Doula Services

(please inquire for details)

Tribal Markers and Soul Paintings

Private, Individual and Group Sessions available. Great for corporate, family, and friend bonding experiences. Available for a variety of events, festivals, community events, and so much more.

CALLHERTATIANA.COM/SERVICES

*For more, contact Tatiana at 213.505.8001 or
callhertatiana@gmail.com &
follow @callhertatiana*