



JASPER FOREST

Private Group Wellness Experiences

110 Main Street, Ludlow, VT
with Jennifer Rose Esposito
500-Hr Registered
Yoga Teacher,
Reiki Master Teacher &
Holistic Health Coach

CREATE A CUSTOM HOLISTIC PRIVATE PACKAGE THAT OFFERS A SACRED OPPORTUNITY TO SHARE THE TRANSCENDENT POWER OF MOVEMENT, SOUND, BREATH, MEDITATION, HEALING, OXYGEN, AND MORE WITH FRIENDS AND LOVED ONES IN AN INTIMATE SETTING.

ON SITE @ JASPER FOREST OR OFF-SITE AT A VENUE OF YOUR CHOICE

EXPERIENCE ENHANCEMENTS:
REIKI ENERGY HEALING, CHAKRA BALANCING, HAIR FEATHERING, CRYSTAL HEALING, AURA CLEARING, HONORING CEREMONIES, ONENESS BLESSING, GUIDED MEDITATION & LUXURY EYE MASKS

Yoga & Mindfulness

EMBARK ON AN EMPOWERING JOURNEY OF SELF-AWARENESS THROUGH A SEQUENCE OF POSES DESIGNED TO ALIGN THE BODY, MIND, AND SPIRIT, FOSTERING A PROFOUND SENSE OF INNER BALANCE AND SERENITY

Oxygen & Aromatherapy

BREATHE IN THE REJUVENATING BENEFITS OF PURE, OXYGEN-RICH AIR, WHILE DELIGHTING IN A HARMONIOUS BLEND OF CUSTOM AROMAS TO INVIGORATE YOUR SENSES AND ELEVATE YOUR WELL-BEING

Sound Healing & Meditation

SURROUND YOURSELF IN A SYMPHONY OF SOOTHING VIBRATIONS AS SINGING BOWLS AND OTHER MELODIC INSTRUMENTS WASH OVER YOU, TRANSPORTING YOU TO A STATE OF TRANQUILITY AND INNER PEACE



create a custom experience: jasperforest.com