

Harmonize Your Life With Your Senses, Women's Ayurvedic Fall Retreat

Facilitators:

Betty Brown, CAS, RN (She/Her)

Betty is a Clinical Ayurvedic Specialist, NAMA Certified Ayurvedic Practitioner, RN.

Betty is the owner of B Well Ayurveda Health Coach, LLC. She has trained and received certificates in meditation training, Yoga Nidra Guided Meditation, Reiki Master, Heart Centered Hypnotherapy, and RYT200. Betty is pursuing certification as a Women's Functional Medicine Wellness Coach.

With Betty's understanding of allopathic medicine and Ayurveda, along with her passion for cooking, she supports clients with integrated wellness coaching.

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Rachel Dora, LMT (She/Her)

Rachel is a Licensed Massage Therapist (LMT) with a focus on therapeutic Swedish massage. As an energy worker for 20 years, Rachel supports her clients with multiple modalities, including reiki, myofascial release, trigger point therapy and craniosacral massage. Rachel holds an M.A. in Public Health Policy & Philosophy from George Washington University and received her massage certification and training at Columbus State. Rachel enjoys forest bathing and kayaking with her family and holds the firm belief that everyone has the capacity to be a healer. Starting with ourselves. Email racheldoramassage@gmail.com.

