

Jahnan Derso



Self-Care Coach and Bodyworker

Jahnan Derso is a Self-care Coach with tips to help you boost your health by taking time out for yourself. She combines her studies at Heartwood Institute and the tools she's gathered around the world over the past 20 years to give you a holistic touch. Her practice includes a multitude of hands-on modalities including Maya Abdominal Massage. The focus of sessions seeks to center the organs and umbilical connection to the whole body. The womb and umbilicus is the center of a woman's body and symbiotically the center of the universe.

Her bodywork is aimed at women who are:

- Looking to conceive
- Pregnant
- Post-partum
- Healing their wombs & organs

Find her offering hands on sessions at
WHOLISTIC HEARTBEAT
on Central Ave, McKinleyville

Sessions are generally 1 to 2 hours and include a self-care design with a Sliding Scale of \$100-\$120.

To book an appointment call
808-652-9374

Jahnan also offers a healthy lifestyle solutions blog, Rainforest Remedies herbal tinctures, and herbal products. She's online at:

HibiscusHealing.com