



LENI SANTIAGO-PRATTE

- Loving, compassionate Spiritual Guide & Vedanta Teacher practicing, studying, teaching body-mind-spirit practices and holistic wellness.
- Sacred Medicine Facilitator & Entheogenic Guide & Facilitator with solid ethical values and integrity.
- Supportive, calm, nurturing, empathetic listener and space holder.
- Fully present, trustworthy, reliable, collaborative, professional, personable, warm Somatic Trauma Release, Breathwork & Shadow Work Coach.

 lenipratte@gmail.com  925-451-5208

SKILLS

- Sacred Medicine Preparation, Facilitation, Integration
- Somatic Trauma Release & Shadow Work
- Psychedelic & Microdosing Education
- Conscious Conversation & Self-inquiry
 - Transformational work-Victim/Victor/Vehicle
- Advaita Vedanta, Awakening & Embodiment
- Study of Ancient Wisdom & Teachings
- Star Magic Healing & Power of 8 Energy Healing.
 - Ayurveda, Yoga & Yoga Philosophy, Pranayam, Meditation
 - SOMA Breath & Meditation Routines
 - Chanting, Mantras, Kriyas, Chakras, Mudras
 - Quantum Mechanics understanding
- Holistic Wellness (Nutrition, Hydration, Supplementation, Detoxification, Fasting, Biohacking, Lifestyle redesign Movement/Exercise, Sleep, Holistic practices).

WORK EXPERIENCE

SACRED MEDICINE FACILITATOR & ENTHEOGENIC GUIDE

Awakened Self-healing

February 2020 to Present

- Facilitated medicine journeys for groups & 1-on-1 clients
- Created safe healing containers that are stable, solid, nurturing, protected physically & energetically
- Administered various sacraments & plant medicines in a sacred, spiritual manner
- Fostered safe and therapeutic “set and setting” with compassionate support & abiding presence, encouraging participants to express freely as they access their own healing intelligence
- Provided guidance in sacred medicine preparation & integration
- Set clear boundaries on participant screening, non-sexual touch & ceremonial etiquette
- Developed written set of preparation & integration tips & pointers
- Taught Yogic, Vedantic, breathwork, meditation & somatic practices & principles as part of ceremony
- Led integration circles to help ground & solidify insights & realizations
- Ushered clients & participants to integrate & embody new ways of being
- Collaborated with co-facilitators on ceremonial protocols & situations
- Shared information on contraindications, drug interactions & sent participants to psychedelic pharmacists when necessary
- Fostered community using [online events](#), [in-person events](#) and [Facebook group](#)
- Led microdosing-themed meetups & hikes
- Provided guidance, education & resources on microdosing
- Followed up & continuously monitor clients & their progress
- Produced [entheogenic and nonduality podcasts](#) for a year
- Wrote [article](#) & newsletters to email subscribers
- Arranged details & logistics for co-facilitators and participants
- Connected & partnered with synergistic facilitators, entheogenic agencies & organizations

SHADOW WORK, BREATHWORK & SOMATIC TRAUMA RELEASE COACH

Awakened Self-healing

February 2020 to Present

- Provided psychoeducation in areas of trauma, shadow work, anxiety, depression, phobias, addictions, suicidal ideation, dissociation, habituated patterns, programs & conditioning
- Taught yogic practices & somatic release exercises to groups and 1:1 clients
- Encouraged and taught clients to use the body, movement, voice & breath as a way to release old, stagnant energies & unprocessed emotions
- Collaborated with clients on implementing new ways of being
- Ushered clients to integrate and embody insights & realizations through practices such as yoga, breathwork, meditation, self-inquiry, ancient teachings

BUSINESS PRESENCE

[LINKTREE](#)

[HEAL.ME](#)

[WEB SITE](#)

[EVENTBRITE EVENTS](#)

[FACEBOOK GROUP](#)

[INSTAGRAM](#)

[YOUTUBE](#)

[PSYCHEDELIC SCENE ARTICLE](#)

[LUCID NEWS ARTICLE](#)

BUSINESS PROFILES

RETREAT.GURU

<https://retreat.guru/centers/2735-1/>

PSYCHEDELIC EXPERIENCE

<https://www.psychedelicexperience.net/organisation/dxx6AUj3gkqRs0ZX0h2gKg/awakened-self-healing>

PSYCHABLE

https://psychable.com/?post_type=gd_place&p=8734&preview=true

GOOGLE BUSINESS:

<https://www.google.com/search?q=awakenedself-healing&oq=awakenedself-healing&aqs=chrome..69i57.6094j1j8&sourceid=chrome&ie=UTF-8>

NEXTDOOR

<https://nextdoor.com/pages/awakened-self-healing-walnut-creek-ca/>

YELP

<https://www.yelp.com/biz/awakened-self-healing-walnut-creek>

LINKEDIN

<https://www.linkedin.com/in/leni-santiago-pratte-9363b6168/>

WORK EXPERIENCE

SPIRITUAL GUIDE & VEDANTA TEACHER

Awakened Self-healing

2015 to Present

- Taught Advaita Vedanta, Yoga, Breathwork, Meditation, Chanting, Mantras, Mudras, Kriyas, Ayurveda
- Conducted Awakening sessions & guided clients through a transformational shift in mindset
- Ushered clients to embody & integrate Nondual principles & wisdom
- Led breathwork & nondual meditations enabling clients to experience the nondual state
- Created presentations & diagrams to convey Yogic, Vedantic & metaphysical concepts

EDUCATION & TRAINING

- BA Social Science, UC Berkeley, 1988
- Corporate Career in Marketing & High-Tech Product Management, 1989-2003
 - Project Manager, SmartData Exchange Corporation, 2003-2020
 - Holistic Wellness Coaching, Dr. Josh Axe, 2014
 - The Hormone Cure, Dr. Sara Gottfried, 2014
 - Ayurvedic Yoga Therapy, California College of Ayurveda, 2015
 - Aromatherapy Foundations, David Crow & Jade Shutes, 2016
- The Power of 8 Healing, Become a Better Healer, Lynne McTaggart, 2018
- SOMA Breath Level I & II Teacher Training, SOMA Breath, 2020
- Psychology of Consciousness with Emphasis in Nonduality, Brain Optimization Health Institute, 2017-2020
 - True Path Psychedelic Mastermind Group, Beth Weinstein, 2020-2021
 - Sitting for Psychonauts, Mt. Tam Integration, 2021
 - Mindfulness Meditation Practices, Mindfulness Exercises/Sean Fargo, 2021
 - Microdosing Course, Third Wave, 2021
- The Resilient Heart: Trauma-Sensitive HeartMath® Certification, Heartmath Institute, 2022
 - Level 1 & 2 Light Code & Energy Healing, Star Magic Healing, 2022
 - Integrative Somatic Therapy Training, The Embody Lab, 2022-2023
- Entheogenic Facilitation Mentorship with Ben R., David H. & Jason K., 2020 - Ongoing
 - Awakening and Healing Through the Doorway of the Body, 2023
- Practice, Study & Teaching of Yoga, Pranayam, Meditation, Ayurveda, Advaita Vedanta, Whole Being Detoxification, Biohacking, Self-Healing since 2007

AFFILIATIONS

- Founding Member, [Association for Entheogenic Practitioners](#), 2021
- Practitioner, [Sacred Garden Community](#), 2022
- Member, [Church of Psilomethoxin](#), 2022
- Member, [Asian Psychedelic Collective](#), 2022
- Member, [Asian Psychedelics Society](#), 2022
- Member, Sparkle Tribe, Sonoma, CA, 2021