

Chana Mason

SOMATIC THERAPIST ◆ BREATHWORK & FAMILY CONSTELLATIONS FACILITATOR ◆ AUTHOR ◆ EDUCATOR IN JEWISH MEDITATION, PRAYER, & EMBODIED LIVING

I'll be in South Florida from November 11th to 24th, and I have room to teach or facilitate while I'm there. If you lead a community, a shul, a school, a studio, or a living room full of friends, here's what I can bring you.

WHAT I CAN BRING

Six ways to host me in English or Spanish



WORKSHOP

Family Constellations

Explore the hidden dynamics and inherited family patterns driving your behavior.

◆ 2 to 3 hours ◆ 6 to 25 people



WORKSHOP

Breathwork

Conscious connected breathing drops you into more safety, connection, and healing, beneath the thinking mind and into the body, where emotions and memories that have been waiting can finally be felt and witnessed.

◆ 2 to 3 hours ◆ 6 to 14 people



WORKSHOP

Mental & Emotional Mastery

The tools from my books Hold That Thought and Inner Voices, taught live. We question the thoughts that run your upset and disconnection, and you leave with an accessible practice you can do in ten minutes anywhere.

◆ 2 hours ◆ Any size group

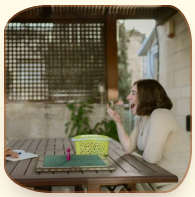


CLASS OR WORKSHOP

Jewish Meditation

I've recorded hundreds of guided Jewish meditations that people around the world listen to every day. In person, I teach the practice itself: how to settle into the body, breathe, and expand whilst inviting the words and stories of our tradition to feel embodied and alive.

◆ 60 to 90 minutes ◆ Any size group



SHABBAT

Shabbat Talk or Q&A

A Shabbat-afternoon talk on the inner life:
1. How to meet fear, anger, and longing as doorways to the Divine rather than obstacles in the way.
2. Cultivating emuna in the midst of chaos, war, and fear.



PERSONAL GROWTH WORKSHOP

For High School Students

A session built on The Size of Your Dreams, the novel Dave and I wrote to teach mindset tools through a story teenagers actually want to read. Students learn how to clarify and manifest their goals, whilst building a stronger identity.

"Her workshops are playful, meaningful, and engaging, and her breathwork sessions are the cherry on top. If I could describe them in one word, I'd call them a spa for the soul."

C. Smith · Therapist, New York

"I attended a breathwork workshop with her in Jerusalem, and it was powerful. It was a space she created for women, especially those holding trauma, where you could truly let go."

Jo Bakal · Body worker, Tampa, Florida

"From the moment I entered the space, I felt completely safe, held, and seen. This experience wasn't just healing, it was awakening. It brought me back to myself."

Marisa Pepper · Entrepreneur, Palm Beach, Florida

CHECK OUT MY BOOKS



My guided meditations have been played more than 40,000 times, with a 4.8 out of 5 rating on Insight Timer.

Bring me to your community

Honorarium and ticketing are arranged with each host. Tell me about your community, which of these you have in mind, and the dates that work for you, and we'll shape it together.

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SCAN TO BOOK