

... thank you

A note from Kylee & Kerrie at Forever in Healing Wellness Company Inc...

Before anything else, we want you to know this:

We are proud of you.

Whether you joined us for 9D Breathwork, Reiki, Sacred Cacao, Grief Support, Sylvotherapy, a wellness consultation, or another healing experience, you made space for yourself this month. And we are deeply honoured that, for a small piece of your month, you trusted Forever in Healing to share that space with you. Maybe you just decided to follow us? Great! We are grateful you are here as well.

Healing does not only happen during the appointment, ceremony, class, or journey. Sometimes the most meaningful shifts arrive quietly afterward, when you return to ordinary life and begin noticing what feels different. So this letter is your reminder that **You are important.**

Your body deserves to be listened to, cared for, nourished, rested, and respected. Your mind deserves moments when it does not have to solve, organize, anticipate, remember, or carry everything. Your soul deserves space to simply exist, without needing to accomplish anything to earn that space.

As you move through the days ahead, be gentle with yourself. Healing experiences can continue to unfold long after you leave the room. You may feel energized and clear, or tired and reflective. You may notice emotions closer to the surface, new perspectives emerging, a desire for solitude, or an unexpected need for connection. You may simply feel like yourself. There is no particular way you are supposed to feel. Drink water. Eat something nourishing. Rest when your body asks. Step outside. Put your feet on the earth. Take a long shower or bath. Journal. Breathe. Stretch. Turn off your phone for a while. Sit beneath a tree. Listen to music. Laugh. Cry. Sleep.

Self-care does not need to be elaborate to matter.

Please remember that you do not have to make sense of everything immediately. Integration support is available. Your session may end, but our care for you does not end when you walk out the door.

If something comes up following an experience with us, you have questions about what you felt or noticed, or you simply need a little support integrating your experience, **please reach out.**

You can text Kylee directly for integration support following your session.



... thank you

You have a standing invitation to Come Breathe With Us! We hold **small-group 9D Breathwork journeys Monday and Thursday evenings at 6:00 pm.**

Everything you need for your experience is provided. You do not need to bring anything, although you are always welcome to bring a journal if writing helps you process and integrate.

We also offer a **FREE online 9D Breathwork Community Session on Zoom on the first Sunday of every month at 1:00 pm.** Other Sundays are paid sessions at 8:00 am. Whichever Sunday sessions you choose, join us from home with your headphones and a comfortable, private place to settle in.

Registration is always required for both in-person and online sessions:
[REGISTER HERE](#)

Ways We Can Support You:

Forever in Healing offers 9D Breathwork, Reiki, Sound Healing, Sacred Cacao experiences, Grief and Bereavement Support, Herbal and Nutritional Wellness consultations, Sylvotherapy and nature-based experiences, End-of-life Planning and Doula Support, individual sessions, couples experiences, private groups, corporate wellness experiences, community events, fundraisers, workshops, and customized healing experiences.

Healing does not have to fit neatly into a booking-menu box. If you have an idea, a group you would like to gather, a particular experience you are looking for, or you are simply unsure what might support you best, **reach out with your special request.**

Small Ways You Can Help Us:

As we continue putting down roots in a new community, your words can make an enormous difference. If your experience with Forever in Healing felt meaningful and you feel called to share it, we would be incredibly grateful for a **positive Google or Facebook review.**

Your review may be the reassurance someone else needs before giving themselves permission to walk through our door.

[Leave a Google Review](#)

Follow us on Social Media and Share our Events.

1st time 9D Breathwork appointments save 15%
Bring a 1st timer to 9D Breathwork,
and they attend FREE their first time.

We are all, forever in healing.



... thank you

Most importantly, thank you.

Thank you for trusting us with your time, your story, your breath, your vulnerability, your curiosity, your healing, and whatever version of yourself arrived with us recently.

You matter, as an individual, in body, mind, and soul.

We hope that when this letter finds its way to you, that it reminds you that caring for yourself is not something reserved for the hours after a healing session.

It is something you deserve on ordinary Tuesdays.

On difficult mornings.

On beautiful days.

In busy seasons.

When life feels heavy.

And when life feels wonderfully light.

Keep choosing moments that bring you home to yourself.

We are honoured to have been a piece of your month, and we hope to share space with you again.

Have a grateful day, with love from,

Kerrie & Kylee

"there is magik everywhere"

Forever in Healing Wellness Company Inc.

a part of My Collective Community [@mycollectivecommunity](https://www.mycollectivecommunity.com)

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Suite 118 – Room 1

www.foreverinhealing.ca

[@foreverinhealing](https://www.instagram.com/foreverinhealing)

August Schedule and healing giveaway details attached.

MY COLLECTIVE
community wellness center


Forever in Healing
— WELLNESS COMPANY INC. —

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						WHO DESERVES THIS? 1 Nominations Open
2 FREE Online Community 9D Breathwork via ZOOM "The Heart of Connection" 1:00 pm	3 9D Breathwork - Small Group 6:00 pm "Unleash Your Power"	OPEN FOR SCHEDULED APPOINTMENTS 4	OPEN FOR SCHEDULED APPOINTMENTS 5	6 9D Breathwork - Small Group 6:00 pm "You Are Enough"	OPEN FOR SCHEDULED APPOINTMENTS 7	8
9 9D Breathwork - Via ZOOM 8:00 am "Releasing Guilt & Shame"	10 9D Breathwork - Small Group 6:00 pm "The Origin"	OPEN FOR SCHEDULED APPOINTMENTS 11	OPEN FOR SCHEDULED APPOINTMENTS 12	13 9D Breathwork - Small Group 6:00 pm "Reconnect with Your Inner Child"	OPEN FOR SCHEDULED APPOINTMENTS 14	15
16 9D Breathwork - Via ZOOM 8:00 am "Stress & Anxiety"	17 9D Breathwork - Small Group 6:00 pm "5 Primary Trauma Imprints"	OPEN FOR SCHEDULED APPOINTMENTS 18	OPEN FOR SCHEDULED APPOINTMENTS 19	20 9D Breathwork - Small Group 6:00 pm "Letting Go & Moving On"	OPEN FOR SCHEDULED APPOINTMENTS 21 WHO DESERVES THIS? Nominations Close 12:00 pm	22 WHO DESERVES THIS? Nominees Notified
23 9D Breathwork - Via ZOOM 8:00 am "Self Mastery & Enoughness"	24	25	26	27	28	29 YOU DESERVE THIS Nominated Gift Group 6:00 pm
30 9D Breathwork - Via ZOOM 8:00 am "Unstoppable"	31 9D Breathwork - Small Group 6:00 pm "Transcending Fear"					

11, couples, small private group and corporate sessions are also available. Contact for information or request booking online.

Register at <https://mycollective.janecapp.com/> 9d-breathwork

** Class minimum 1 person. Classes with 3 or less registrants will be held in the Forever in Healing Office (Suite 118) as opposed to the My Collective Community Room (Suite 114).
Classes without registered participants up to 12 hours prior to class start may be removed from the calendar and not be held.**



TO DO LIST:

Book 9D with Forever in Healing
Visit www.foreverinhealing.ca
Follow @foreverinhealing

NOTES:



DO YOU WANT TO GIVE A GIFT TO SOMEONE YOU LOVE. – AUGUST 29, 2026 at 6:00 pm.
WHO DESERVES TO BE POURED INTO? Let's spread love and healing in our community.

We all know someone who keeps showing up. The one who cares for everyone else. The one carrying more than most people realize. The one navigating change, grief, stress, exhaustion, or simply a season that has asked a lot of them.

Maybe they would never book something like this for themselves. Maybe they always put themselves at the bottom of the list. Maybe you just want them to know, **"I see you. You deserve to be cared for, too."**

This is your chance to nominate them.

Forever in Healing Wellness Company Inc. and My Collective Community are gifting 12 randomly selected nominees a special small-group healing experience created entirely around receiving, resting, reconnecting, and being held in community.

The experience will include an immersive **9D Breathwork Journey**, followed by **Sacred Cacao Integration** and **30 minutes of crystal singing bowls through the 9D headset** to gently close the experience. Personal. Theirs. No strings. Just a gift of time, space, breath, sound, connection, and care.

TO NOMINATE SOMEONE to receive this gift:

1. **Like and follow** both @foreverinhealing and @mycollectivecommunity
2. **Share this post** from either page
3. **Tag your nominee** in the comments
4. **Send a DM** to either @foreverinhealing or @mycollectivecommunity telling us who you are nominating, how we can contact them, and most importantly, **why you would love to honour them with this gift.** You don't need to tell us their whole story. Share only what feels appropriate and respectful.

From all of the nominations, **12 people will be randomly selected** and invited to experience this healing gathering together.

Sometimes self-care is something we choose for ourselves. And sometimes, it begins because someone who loves us says:

"This time, I choose you." Who comes to mind? Tag them. Nominate them. Honour them. **Let's spread love and healing.**

We are all, forever in healing.