

MEDIA KIT 2024



PUTU JESS PATRA

SPIRITUAL MENTOR

SPEAKER, BREATHWORKER, LIFE & BUSINESS COACH & HEALER

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BIOGRAPHY

A Spiritual Mentor, Breathwork Practitioner & Life and Business Coach

I help people release what is no longer serving them and call in a life they have always dreamed of. I'm passionate about helping my clients shift their perspective, heal, attract abundance, and develop a mindset of limitless potential.

MY OFFERINGS

- Sacred Circle Community
- Conscious Connected Breathwork sessions
- Breathwork events and workshops
- Empowerment Life and Business Coaching series
- Intuitive Energy Healing sessions
- Speaker, Presenter, Consultant
- Writer - *upcoming book to be released*
- Spiritual Retreats
- Rite Of Passage Ceremonies
- Sacred Circle Ceremonies

I'm a certified life coach, qualified breathwork practitioner, Reiki Master practitioner, Cherokee bodyworker and qualified sacred circle space holder. I've also studied various healing modalities around the world, mediumship courses, Munay Ki training and past life regression therapy to name a few.



PODCAST INTERVIEWS, MY BLOG, YOUTUBE CHANNEL & BOOKS

I write and speak about Bali, spirituality and wellness on various podcast shows, my blog and my YouTube channel. I'm currently writing a spiritual self help book connecting my Dad & I's journey from being the bad boy/bad girl to stepping into our spiritual paths together. I'm also writing a travel guide.

MY MISSION

My mission is to share with people the importance of conscious connected breathwork and how it helped heal my past trauma and PTSD. Another mission very close to my heart is to teach people about the Bali that I grew up to know and love - spiritual and sacred Bali - teaching people about creating their own practice of ceremony, ritual and honouring their ancestors.



CLIENT TESTIMONIALS



Bali Retreat guest
New Zealand

Another bonus on this Art Retreat in Bali came in the form of a 'genuine' modern Balinese woman. She delivered her knowledge and experiences of life in Balinese culture. Jess' warm, honest and intelligent teachings added a lovely addition to my experience. How lucky I feel being part of this.



Healing session
Australia

You helped open a door for me and I'm so excited to learn more and continue healing. My whole experience with you has just been so inspiring. I would love to come back for more healing sessions when I am in Melbourne.



Bali Retreat guest
Australia

I was extremely fortunate enough to be in the gentle and caring hands of Jessica on my trip to Bali. She had a thorough knowledge of the culture, customs and traditions and was able to show me the spiritual side. She possesses a strong yet gentle spirituality, which is very embracing. A truly deep and grounded woman. By simply being in her presence I transformed parts of myself that have longed to be heard and loved.

SERVICES

- Interviews
- Sponsored Posts

- Product Reviews
- Brand Ambassador

I look forward to hearing from you - please reach out to book a service or discuss how we can collaborate together.