



Giada



Vittoria

Spiritual Healer · Mystic Mentor · Oracle

Transcending limitations of what's possible, moving reality through the miraculous.

Giada Vittoria (formerly Jaya Simrit Kaur) is an international spiritual healer and teacher, kundalini yoga and meditation instructor, sound healer, spiritual constellator, oracle, mentor, and mystic. Jaya draws on lifetimes of dedicated study in healing and consciousness. With a broad foundation in several modalities and a deep root in spiritual healing *beyond* modality, Giada Vittoria supports her clients in releasing deeply held trauma, illness, and challenges, awakening dormant gifts, and moving toward greater freedom, peace, and clarity in their lives.

Her work blends ancient wisdom and contemporary understanding to restore balance on mental, emotional, physical, and spiritual levels. Initiated in many lineages, she also holds certification as a Spiritual Constellator, having completed an intensive 18-month training and currently engaged in a 3-year advanced training with her master teacher, Ron Young, the founder of Spiritual Constellation work.

Through Grace and deep multidimensional movements, the work goes beyond belief systems to unwind inherited burdens and patterns; it's a Rite of Passage into a new movement of Life.

Giada Vittoria serves clients and students remotely and in person across more than ten countries, enriched by over five years of ongoing global spiritual pilgrimage, deepening her wisdom and attunement to the highest frequencies of healing.

For those ready to reclaim or deepen their connection to Inner Truth and walk a path of authentic freedom, presence, and purpose, Giada Vittoria offers healings, alchemical mentorship, and group containers that transcend the ordinary where miracles are normal. *Read Testimonials after offering descriptions below.*

Please note as a spiritual healer (not an energy healer), each offering provided is always in The Source Field, and even in a group class, you will be receiving healing in this field as it is being channeled continuously. All offerings can be done effectively remotely over zoom.

**Join my email list to be first notified of upcoming offerings.
Email “subscribe” with your name to jayasimritkaur@gmail.com**

Connect with me on [Instagram](#)

Upcoming Group Offerings

Please join my email list to be notified of group offerings.
Email “subscribe” with your name to jayasimritkaur@gmail.com

Spiritual Healing / Constellation Session

Most Requested

These sessions are **sacred rites of passage** - powerful openings into a new path when you are truly ready. Unlike energy healing, which works within the earth's electromagnetic field, spiritual healing moves beyond time, karma, and energy itself. It works directly with Grace/Source/the Infinite—beyond belief systems.

Each **healing session** is entirely unique, guided by your urgency and what Grace is offering in that moment. You may be sitting or lying down, simply receiving. The effects may be immediate

or may unfold over time, rippling through your life and lineage. The work supports everything from physical illness to blocks in love, purpose, abundance, and beyond- **there is no limitation**.

Constellation sessions take place within this same sacred field. Unlike therapeutic family constellations, these are initiatory spiritual healings that unwind generational trauma going back six generations. They open patterns that may have resisted years of effort. What unfolds is beyond the intellect and cannot be understood by the mind, only experienced. **It is a profound service** - not only for you, but for your ancestors, descendants, and the collective.

Jaya is a powerful and intuitive healer and I've been blessed to share numerous healing sessions with her. Jaya helps you release energies keeping you stuck, at first using your own breath and your own voice and then through accessing the loving support of the healing angelic realms. After sessions with Jaya I feel lighter and also more magnetic. I feel loved and I feel loving of myself and my life. My intuitive gifts are heightened for days after my sessions, as I can feel my own energy vibrating higher. I highly recommend Jaya's services - she is a powerful connector and holder of multidimensional energies. - Rachael

My session was nothing short of spectacular! It was almost like a plant medicine ceremony but without any of the added anxiety or upset that those ceremonies can bring on. I felt like I let go of so much in the most peaceful and gentle way. After a few days of integration I feel so much more calm, at peace, and at home within myself. It is truly like nothing I have ever experienced before. It's hard to put into words, I highly recommend you treat yourself to a session with this amazing woman! I have worked with many healers and what Jaya does is just magic and unlike anything I've ever experienced. She is also the most sweet and wonderful human! Thank you sweet Jaya! - Danielle

\$440

 **Answer the Call**

♦  [Book your Spiritual Healing / Constellation Session](#)

The Trinity Alchemy Package

Three deeply guided healing sessions designed to take you on a journey through your alchemical death and rebirth. Through focused, held space and transformative guidance, this package helps you release and unwind patterns in your field, realign with your true nature, and step powerfully into a new life. This is for those ready to embody profound inner transformation, deeply supported. This package is 3 targeted Spiritual Healing/Constellation sessions, (save \$209 by purchasing a package).

\$1111

**Trinity Package Cap: After 3 Trinity Packages (9 sessions total) within 6 months, continued work moves into [Sacred Light Temple](#) container for deeper transformation*

 [Book](#)

**These sessions address immediate healing needs. After experiencing 9 sessions, those ready for deeper transformation are invited into [Sacred Light Temple](#) - where the Mystery School deep work begins.*

The Oracle Session

Feeling stuck or searching for clarity and guidance that actually moves you forward?

Oracle Healing Sessions are for those ready to go beyond surface-level readings and activate the precise healing and transformation their soul demands right now. This isn't vague, generic insight - through my advanced spiritual attunement and direct connection to the Source field and the intelligences surrounding you, we unlock clear solutions, dissolve blocks, and open exact pathways for your highest growth and alignment, no matter your circumstances.

You bring your questions; I facilitate the healing (not just the information) that shifts your reality in real time - delivering not just answers, but profound change. If you're ready to move from seeking into actual transformation, this session is your next step. Lasting 60-90 minutes, these deep-dive sessions are a powerful, grounded experience designed for those committed to real-world evolution.

In short: I'm not simply reading your situation - together, we bring forth the exact solutions your soul needs, in real time. Prepare your questions in order of importance, and we'll work through as much as can be integrated in a single session.

I recently experienced an Oracle Session with Jaya. I am truly not the same. I am a new person in a new world, in my heart. So much was resolved, and all while feeling safe. With the highest level of gratitude, Thank You Jaya! - Antonio

\$500

 **Ready to experience profound clarity and transformation?**

[If your soul is asking for support, come sit in this space with me.](#)

 [Book](#)

Candle Service

A sacred offering. I light a candle on your behalf, infused with specific intention of your choosing: healing, protection, clarity, love, or whatever you are truly needing. This is the most affordable way to work with me - if a healing isn't in your budget, get a candle service.

Each candle is placed at a sacred site, and I hold space in deep meditation for your request as it burns. Many have experienced powerful shifts and miracles through this work.

This service is not always available—check below for current availability.

♦ **Request a Candle**
👉 [Book Now or Learn More](#)

Kundalini Yoga & Meditation

Kundalini Yoga and Meditation is an ancient, sacred practice known as the Yoga of Awareness and Transformation. It combines chanting, breath work, physical postures, and more to support deep healing on multiple levels:

- **Physical:** Detox, build strength and core, boost immunity, balance hormones, improve posture and cardiovascular health, ease chronic pain, and enhance lung capacity.
- **Mental:** Rewire the brain, break negative patterns, support ADHD, anxiety, depression, PTSD, and improve focus and clarity.
- **Emotional:** Release trauma, grief, anger, and overwhelm, while cultivating emotional balance and regulation.
- **Energetic:** Amplify your life force energy (prana), strengthen willpower, protect your aura, and align your inner power.
- **Spiritual:** Awaken your true self, deepen intuition and divine knowing, and find greater peace and joy.

No flexibility or fitness level is required—just your focus and openness to healing. You can even practice seated in a chair.

To be notified of upcoming offerings, email: “subscribe” and your name to jayasimritkaur@gmail.com
Offerings are also announced on [instagram.com/immaculatahealing](https://www.instagram.com/immaculatahealing)

Meeting Jaya and getting introduced to Kundalini yoga feels as if divinely arranged.

Initially, I thought that Kundalini yoga was one of the most powerful tools I had ever experienced. Now, I understand that it's so much more than that... Every time I practice Kundalini yoga, it feels like coming back home to the wholeness of who I am! I felt like my whole energy structure transformed after the first personal healing session with Jaya. I love and never miss workshops and am looking forward to my second 40 day customized Sadhana. The classes are amazing, I can feel the energy of my crown chakra flowing in on top of my head. Thank you for these teachings!

Thank you so much for all you do Jaya, my relationship with my mom has already shifted sooo much!!! I love to radiate love and have no resistance in my heart! I am so grateful for all your guidance! Feeling very new, blessed, and transformed today! My being is transforming! - Lana

Personal Sadhana Journey

This is for those ready to say yes to transformation, to healing, and to living as the spiritual being you truly are. Side effects may include joy, vitality, emotional release, heart opening, and real-life breakthroughs.

Once you say yes, I send you a writing prompt to clarify the top 3 things you want to work on—anything from physical healing to relationship, purpose, or abundance. I then go into deep meditation and channel your personal 40-day sadhana practice.

We begin with a 1:1 class (Zoom or in person), then you receive your full sadhana: video, written sequence, links, playlists, mantra meanings, and guidance to go deeper. You'll keep a journal, receive check-ins and energy updates every 10 days, and have 48-hour text support throughout.

This also includes a 30-min mini healing session (scheduled by you) and I hold you in my own practice field for the duration. You'll be given channeled messages as they arise, and sacred structure to meet your life exactly where you are.

This is not a quick fix. This is devotional medicine.
This is a personal altar—mapped by the unseen.

Receiving my kundalini sadhana was the most beautiful experience I have ever had with another soul! Thank you! - Sam

\$500

To support your sadhana journey with personalized healing, I have included the following add-ons. To take advantage of this opportunity, list the add-on and associated price in your [booking form](#).

+ Add The Oracle Session — \$440 (Reg. \$500)
+ Add a Healing/Constellation Session — \$380 (Reg. \$440)

Pre-Recorded Kundalini Yoga Sessions

I offer a catalog of pre-recorded Kundalini Yoga classes available for purchase and download—yours to keep forever. Tell me what theme or area you want to focus on, and I'll recommend the best class(es) for you.

This is a perfect way to start if you're new to Kundalini Yoga, want to heal specific areas, or want to experience my energy and style before working together live. If a personal sadhana isn't an option for you right now, these classes can serve as your daily practice.

I am deeply moved by the Root Chakra Class. I did it for the first time today after quite a bit of resistance - I feel like myself, and had an experience like going to church. Wow. - David

Ready to transform?

Kundalini Yoga & Constellation Session: [Receiving Life's Abundance](#)

Other available classes:

- Worthy
- Nourish
- Unstoppable
- Root Chakra
- Sacral Chakra
- Solar Plexus Chakra
 - Heart Chakra
 - Throat Chakra
- Third Eye Chakra
- Crown Chakra
- Sacred Space: Altar Workshop and Healing (no yoga)

Thank you Jaya for the beautiful [Sacred Space Altar Workshop](#) and [sound healing](#). I am feeling so grateful and full of love after taking this class. It was like I was transported to another dimension!

After the [Worthy](#) class all I can say is Wow! I now know why I was led to do it. From the very first kriya I released so much and it felt like it was lifetimes of unworthiness being given permission to release. The final meditation was waves upon waves of love coming through. Thank you for your offering and the work you are bringing into this world. Sat nam - Cathy

Inquire about other recorded classes for a specific topic jayasimritkaur@gmail.com

Priced per each

Sacred Light Temple

Private Mystery School: 1 on 1 Mentorship and Healing

Intensive Ongoing Support

This is for those who are ready to go all in. Sacred Light Temple is deep, transformative mentorship for those truly committed to healing, awakening, and stepping into full alignment. This isn't coaching—it's a living transmission that changes the way you experience being human.

Over 3 or 6 months, we work weekly or bi-weekly to clear what's been blocking your path, rewire your life from the root, and support you in becoming who you came here to be. This includes your own custom channeled Kundalini Yoga Sadhana (or group sadhana if available), and deep personal mentorship tailored to your field and destiny.

You must be ready to commit to yourself and your daily practice. This work asks everything—and gives everything back.

This is not a quick fix. This is devotional medicine.
This is a personal altar—mapped by the unseen.

***Sacred Light Temple** is currently waitlist only; spots will open in October 2025. Email: "SLT waitlist" with your name to be added to the waitlist and be first to receive an invitation.

Serious about your path?

👉 [Learn More about Sacred Light Temple](#) and read SLT testimonials

Testimonials U

Working with Jaya has been nothing short of a miracle. After experiencing one class with her, I was clear on wanting to continue working with her and I jumped right to my first personalized Sadhana. I am a living testimony that no previous experience is needed. Jaya carefully and intentionally guides you through all the mantras, kriyas, mediations, she gives you all the explanations and a lovely detailed document with links if you wish to deepen your knowledge about your Sadhana. My first Sadhana manifested a lot of things in my life! TRUST. Trust in myself, in the Universe, in the timing of my life. HEALING. Healing of my heart. Releasing huge

amounts of grief and sadness. It has been life-changing for me. LOVE. I have experienced love in the most amazing ways. Wanting to manifest “the perfect partner”, “my own family”. I learnt and I am still practicing to let these things go. Instead, I have experienced the love within myself, the infinite and unconditional love in the field around us that is always available. I have experienced my own light. And I know in my heart that with these newly uncovered tools, everything else will come to my life. I do not need to keep searching. I just get to allow it. Last thing that I have been working on in my first Sadhana is ABUNDANCE. I have manifested abundance in the form of beauty, healing, communication, money, and gifts. And now! I am more than excited to be started my personalized Sadhana #2! It is time to go deeper & create the life I desire. I know that my devotion to daily Sadhana is capable of exactly that & much much much more! Because ~ we do not know what we do not know! It is revealing to us when we are ready! Love and light! Thank you for all your teachings. It has been incredible to observe my reality shift.

Eva

I recently experienced an Oracle Session with Jaya. I am truly not the same. I am a new person in a new world, in my heart. So much was resolved, and all while feeling safe. With the highest level of gratitude, Thank You Jaya!

Antonio

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Thank you so much for all you do Jaya, my relationship with my mom has already shifted sooo much!!! I love to radiate love and have no resistance in my heart! I am so grateful for all your guidance! Feeling very new, blessed, and transformed today! My being is transforming!

Lana

I will always fall short of words to be able to describe the transition and alteration I felt within me while taking up the course with Jaya. She is a wonderful person, healer and guide and has guided me throughout, even when I fell short of motivation and encouragement and lost hope. She recommended a few other practices to take on during the course which were small little things but had a huge impact on my life. She knows what her student needs and that's literally powerful. I took up a 40 days sadhana with her and I can never thank her enough for what I've gotten from it and the person I have become today, which is something very intangible for others

to see but is huge for one to feel and experience from within. I took up online classes with her and it's no less than in person classes as only her presence and aura is half of the work done for you, there's never been a day I switch on a video to proceed with my practice and not smile with bliss and peace that I feel by just looking at her. I mean it, it's that powerful!

The Sadhanas and her guidance have helped me so much, I've seen and felt immense change in my behavior and reactions towards a lot of things. It's a feeling I can't describe. My everyday life now and the perspective shift is all because of her guidance and kundalini practice. I am so happy and full of gratitude, I can never thank her enough.

I came to Jaya with a thyroid condition and now my thyroid stimulating hormone got balanced in the reports, yayyyy. And it is very magical, I felt the power of the boundary practice she gave me. Someone I met was trying to gimme unsolicited advice on anxiety and how it can ruin my life, I immediately chanted those phrases and none of what he said affected me. This has never happened before, omg I'm so happy it's great progress. It's literally magic.

Before the Unstoppable class I had major stomach discomfort (major) and it just vanished after the savasana.

My new Sadhana is going amazing. I feel it's calming me so much and making me feel relaxed. It is all the things I need, all the things I'd been asking and looking for in life, so blessed and grateful to be able to receive and understand all this. The lack of energy I came with has also completely gone. I feel so energetic now. I also feel much more connected to the divine. Thank You so much. Satnam

Shreya

I had a profound experience at Jaya's workshop. I am so deeply sincerely grateful for it! She activated so many things in me! I'm going to be a better teacher from it. Seriously, moving forward my classes and workshops will be changed and improved from that experience. I feel so clear and have beautiful momentum and vision for the second quarter. This was also the first yoga workshop I brought my daughter too, and it was really more like a quantum healing experience together! I'm incredibly grateful to have received healing and activation at this level, very appreciative of Jaya and the magick she shared with us. There were a couple times in between movement and activations where I was laying back just laughing and giggling as energy was pumping/popping through my area between my solar plexus and sacral chakras...it was complete bliss! The most pure and most precious vibrational frequency of unconditional love and joy! Thank you, thank you, thank you!

Cheri

My session with Jaya was nothing short of spectacular! It was almost like a plant medicine ceremony but without any of the added anxiety or upset that those ceremonies can bring on. I felt like I let go of so much in the most peaceful and gentle way. After a few days of integration I feel so much more calm, at peace, and at home within myself. It is truly like nothing I have ever experienced before. It's hard to put into words, I highly recommend you treat yourself to a session with this amazing woman! I have worked with many healers and what Jaya does is just

magic and unlike anything I've ever experienced. She is also the most sweet and wonderful human! Thank you sweet Jaya!

Danielle

Receiving my kundalini sadhana was the most beautiful experience I have ever had with another soul! Thank you!

Sam

Sat Nam Jaya Simrit Kaur! I am eternally grateful to you and our Creator for crossing our paths! I continue to be amazed by the shifts and changes in my life since our life paths connected only one year ago!

I have continued my daily Sadhana (from Infinite Sadhana, group container in 2022). It has not only Blessed me, but I have witnessed shifts and positive changes in my husband, and our 37 year marriage! You were so generous and so gracious throughout our 40 days of Sadhana. You so lovingly watched over and guided us. I felt safe and loved throughout the entire process. It was an amazing, life changing experience that left me wanting to continue, and go deeper.

I was blown away and so grateful to have attended your life altering Women's Healing Retreat Day in Escondido! And to top it off, treating myself to a private session with you afterwards was above and beyond what I could have ever expected or imagined. The impact of those two events continue to unfold and Bless my life!

Your Constellation private session has impacted me and my family in many ways. I feel lighter now and less burdened. I am 64 years young, and I am eternally grateful for your tremendous impact and transformation in my life, mentally, physically, emotionally, and Spiritually. Your gifts and teachings have been of immense support! I am forever grateful for your generosity as a teacher and healer. I am consistently blown away by your ability to facilitate such complicated classes with so many moving parts and variables. You simply flow from one thing to another to another without skipping a beat! And you do it all with tremendous Grace. Thank you!

After decades of chronic, debilitating back pain, our healing session kicked off my journey of mind/body healing, and continues to be my foundation for a pain free lifestyle. Here's to starting life in a whole new way. x I am Forever Grateful 🙏

Renee

I feel a lot of improvement! For 20 years I've been spinning my wheels, trying to figure out why I can't get out of this situation, why I can't understand what's going on with me, or why, and I've

been efforting in the dark all this time in difficulty. *That's a long time to be in the dark and be frustrated!* So it's a huge relief to finally get it!

I feel within myself a lightening of codependency. The huge change I see is that before I wasn't able to see my part in it, or the reason for why I was being that way, which was the need to control. It was so frustrating to not be able to see what I was doing or why, but now I finally do, and seeing this is strangely freeing and just *such a relief* to find an answer. Other healers just told me to let it go and lighten up, but I wasn't able to, even though I tried. Now it's easy!

I've also always had a hard time really feeling true gratitude, and was always preoccupied with the trauma I had growing up and how that was affecting me. I always felt like "wow" when others shared their gratitude, and thought "I just don't feel it, something is wrong with me" and everyone tells you to be grateful, and I tried, but to be able to actually really, truly feel that gratitude, which now I do - it's amazing. Other spiritual teachers I've worked with have told me these things for years, which I've done, but nothing ever made an actual change until now. It is amazing.

Kim

Jaya is the most selfless Angel I've ever come across.

We literally live continents apart, and I am yet to meet this beautiful Soul but I feel like I know her already. She has and continues to play a phenomenal role in helping me heal. I remember a remote healing she did for me impromptu and the results were truly remarkable.

She's a true being of light and has been my guardian angel. Jaya's presence in my life has been a significant one because she genuinely cares and is so full of love and loving kindness that she always pulls you up no matter how low into the mire you get.

I can only say that I'm grateful to have her in my life and wish her all the best in her endeavors.

Tejal

Jaya!!! Goddess, beam of light and love! I have no words to express the joy and gratitude that swells my heart when I think of you! I am deeply thankful for you and your immeasurable gift to me!

Leil

I feel alive! I am enjoying life more than ever! My diet has changed but it's not just about the food, it's about opening myself, not judging myself or others, not keeping myself in a box.

This is a huge change since we started working together, a big shift inside of me. It's the freedom I've been looking for my entire life.

Karla

Jaya is a powerful and intuitive healer and I've been blessed to share numerous healing sessions with her. Jaya helps you release energies keeping you stuck, at first using your own breath and your own voice and then through accessing the loving support of the healing angelic realms. After sessions with Jaya I feel lighter and also more magnetic. I feel loved and I feel loving of myself and my life. My intuitive gifts are heightened for days after my sessions, as I can feel my own energy vibrating higher. I highly recommend Jaya's services - she is a powerful connector and holder of multidimensional energies.

Rachael

I was told by my teacher during my own kundalini teacher training that kundalini yoga is a process, and the healing doesn't happen all at once...but not in a class with Jaya! During the class I lost track of time and space and entered into a zone where all I could see was Jaya standing right in front of me, smiling at me, healing me. My whole life I have carried trauma from my relationship with my dad, and I felt it disappearing from me during class. I don't know what to say. Wow.

Jojo

I have never in my life felt God inside of me like tonight...my whole body was so warm and full of love inside and it was just...divine love. I went home and passed out for hours. Something changed within me. Jaya, you are doing what you are meant to be doing.

Brianna

I cannot express how grateful I am to you and introducing me to this work and LIVING the work because it's working! I don't understand Jaya, (my boss) did not have any negative comments today when I presented and that had never happened in 5 years! I was so grateful and also I felt myself showing up differently to the presentation and to the project as a whole and I'm so grateful I'm just so so so grateful. Thank you, Goddess, for guiding me. Thank you for holding space for my healing, growth, and allowing me to step into my purpose! This Earth is so blessed to have you.

I don't even know how to describe it, for the first time in a long time I feel like myself again, and I'm not fearing what's going to happen, but I'm actually excited and curious, and "what am I gonna choose next?!" Thank you so much!

Eva

After my healing, my body has been feeling overall really good! My anxiety is less and I am more grounded. My nervous system just seems much more balanced. When my mental thoughts start going, I am able to recognize it without my body being uncomfortable. I have been more able to practice medicine from a space of loving oneness instead of separateness. This has been an incredible gift for me and my patients.

I just did the recording of the Nourish class. It was so healing. I had some density in the chest area and it totally lifted. During the healing (savasana) initially my right lower back/butt was feeling so tight and had some sharp pains but then that went away too. Thank you!

Marie

After the session on Wednesday the pain reduced in my body by 75%! I am so grateful for your teachings!

Lana

Thank you so much for the class last week! I felt the anger actually releasing, and surprisingly after the session I have not had as much anger as I used to experience before that, so it's a huge transformation for me. It was really amazing! I felt really, really light afterwards. Thank you! I also love how your recorded classes never feel recorded, they have so much liveliness it's as if you are right there with me, no matter how many times I replay. You say we are outside of time and space and I feel it.

SB

Good morning, the healing last night was so beautiful, my heart feels amazing. I have never felt more at peace. I'm so grateful for YOU!

And a sincere thank you for the session for my daughter. She woke up today so liberated! She is much more happy and confident since!

Lori

I just want you to know how AMAZING and magically gifted you are! The healing session with your sound bowls and your beautiful voice shifted my whole life in ways that I wasn't expecting...it was amazing! You have such a special gift to share with this world that it should never be shadowed by anyone or anything. I want to say how much I love you for that time and that space that we shared together and how amazing my soul felt after that healing session with you!

Shelly

I am already witnessing the miracles of the prayer from Archangel Michael. The hugest shifts in the situation, and I can't wait to experience the full fruition.

Melissa

Holy Universe is all I can say! Every day it is showing up and guiding me and providing for me. I'm in utter awe at the connections showing up since starting working with you.

Heather

What a beautiful way to start a new year! The healing session was great, I received blessings and had amazing realizations as well...I'm so thankful for you guiding me through this and blessed that we met. Today I felt so good and had a constant smile on my face. It feels like my body is constantly releasing something and my head space is becoming clearer. I am now becoming aware of toxic traits which I used to ignore earlier. I am doing wonderful, and it is thanks to you. In fact I can't thank you enough. Your support means a lot! You have helped me to align with my path. I can feel great shifting in my energy field since the session. Since I've seen wonderful changes, especially in my thought process and the loops. I am loving myself and looking forward to learn and explore more.

The 40 day Sadhana was a perfect way for me to engage with community as well. Thank you for being there, I don't know what I would have done without you. I appreciate your time and effort and I am so grateful that I've always been able to count on you.

Vikrant

Thank you Jaya for the beautiful Sacred Space Altar Workshop and sound healing. I am feeling so grateful and full of love after taking this class. It was like I was transported to another dimension!

After the Worthy class all I can say is Wow! I now know why I was led to do it. From the very first kriya I released so much and it felt like it was lifetimes of unworthiness being given permission to release. The final meditation was waves upon waves of love coming through. Thank you for your offering and the work you are bringing into this world. Sat nam

Cathy

One thing I will Never do is underestimate JSK because she is a powerhouse soul so many layers and so much positive light. Thinking of 2 things right now...she reminded me I have been blessed my whole life cause as I look back God has always protected me. Even now going through a divorce how blessed I am that I was saved at the right time before that relationship could have taken me out health wise and it didn't. So to have the luxury of working on my spiritual journey and having finances covered during the last few years and the gift of time to focus on me and heal myself. Even the little things like after ur salt water bath don't stay in too long in the bath water otherwise you can possibly take back in what you're releasing. How cool is it that the hotel I have been staying in the last couple months has a broken drain the leaks the water slowly so I have to refill often cuz I love my baths. I know super long winded but the gist is I am grateful for you JSK and your gentle yet impactful guidance.

LS

Wow, sister! I am in awe again! The meditation you gave me really works! I had no idea what it meant, honestly, I just did it, and boom, it works!

This work and this practice has gotten me through the most difficult moments of my life. I don't even want the things I wanted when I started. It's freedom. I am free.

Kundalini yoga has worked so many miracles for me! I am not sure, sister, how I would react to what happened this morning without my practice. I give all the Grace to the highest one and I feel very humbled by having the tools to deal with these difficult things. I did feel like freaking out many times, yet, I was able to collect myself very quickly to think straight and take action. And I will be forever grateful to you, as my teacher, to your lineage doing the work and to the Universe to putting me on this path.

You have experienced me with my heart broken so many time over the last (soon to be) year! My knowing what to do in this situation is priceless, sister. Not having the need to discuss, see what everybody else thinks. That's a huge miracle on its own. And it is giving me a lot of power. Trusting myself, seeing/hearing/feeling/knowing the guidance all around me!!!!

EJ

Yesterday I took part in the beautiful Receiving Life's Abundance Workshop and I would like to thank you so much for the great and amazing work you did. It was a really beautiful experience. Just from the warm ups I could already feel the energy of the great mother coming through. It was a really, really impactful experience. Also the mother movement was beautiful, so thank you as always for holding the space. You are making me fall more and more in love with kundalini yoga. When I saw it was 2 hours I thought "Oh my God how am I gonna survive?" but the time went by so quickly. I loved that mantras, basically I loved everything from beginning to end. It wasn't too hard to do the movements and it's really getting easier. Thank you, thank you beautiful soul.

CK

Sat nam! I miss you and your classes at the studio so much! I just want to let you know you were so impactful on my journey. I'm doing kundalini teacher training right now and you definitely helped me reach the confidence to get here! Much love to you!

Gabriella

I don't quite have the words yet to describe my experience these last 40 days, but what I do know is I am honored to be a part of this! It was just what my heart needed.
Sat nam to my teacher and friend.

Greta

**Please note for all my offerings, you can pay for/gift someone a session, but they have to make the appointment with me directly. I will not do a session for someone if they do not come to me directly, except in the case of a child (under 18 years of age) that you are the parent or guardian of.*

**Any additional amount paid over your session fee will be banked for those experiencing financial difficulty so sessions can be discounted when there is urgency. Your generosity is deeply appreciated.*

If you are ready to say YES to your healing and schedule a session, please [fill out my booking form](#) and I'll email you with scheduling options. It's my honor to serve you.

In service to the sacred within you,
Jaya Simrit Kaur