

# DONNA S. CONLEY

AUTHOR OF THE WILD MOON HEALING SERIES

## WILD MOON HEALERS®

HOLISTIC WELLNESS AUTHOR & SOMATIC PRACTITIONER



### ABOUT DONNA:

Donna S. Conley is a holistic wellness author, breathwork practitioner, Reiki Master, sound healer, meditation teacher, and certified health & wellness coach. Through her Wild Moon Healers® platform, she blends mental-emotional science with grounded spiritual self-care to help people find peace, clarity, and alignment by working with, rather than against, their natural rhythms.

Her work has evolved into books, courses, meditations, and community events that support healing through reflection, embodiment, and energy awareness.

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“I use the moon as a mirror—not for mysticism, but for mental health.”

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### MISSION:

At Wild Moon Healers®, the work centers on reimagining mental health as a journey toward wholeness—one that honors the body, mind, and spirit through compassion, awareness, and integration. This approach supports individuals in reconnecting with their inner truth, releasing what no longer serves them, and living with greater clarity and balance.

These offerings are designed to complement existing fitness, wellness, or community programming by supporting emotional regulation, stress relief, and self-awareness. I offer a grounded, trauma-aware path to healing that moves beyond self-improvement culture and toward sustainable self-recognition, emotional regulation, and embodied growth.

### LOCAL AUTHOR

Available for in-store events, readings, workshops, and wellness talks. **Let's bring holistic healing to our community together.**

### AUDIENCE APPEAL:

- Mind-Body-Spirit
- Self-Help
- Emotional Wellness
- Personal Growth
- Holistic Health

### SOCIAL LINKS

@wildmoonhealers | Instagram & Facebook  
#wildmoonhealing #healingwithdonna



# WILD MOON HEALERS®

## METHODOLOGY

### OVERVIEW:

My classes are designed to hold space and teach participants the capacity to hold space for themselves and others as a means to learn the somatic languages of the body necessary for sustained healing and growth.

It is not an act of doing, but a state of being. Rather than attempting to change thoughts, emotions, or circumstances, I teach awareness, allowing them to remain present without interference.

By becoming aware of “where they are,” individuals naturally access stillness, situational awareness, and embodied boundaries. My classes help participants respond more intentionally rather than reactively.

### WHAT TO EXPECT:

I have, there is always a mix of elements:

- Breath
- Meditation
- Reiki
- Sound
- Witnessing
- Guided Awareness
- Reflection

Each offering below meets you differently. Some are quiet and restorative. Others are active and releasing. All are designed to support integration, clarity, and self-trust.

My classes are  
experiences that  
invite your system to  
slow down, soften,  
and feel safe  
enough to listen  
inward.

# WILD MOON HEALERS®

## METHODOLOGY

### SAFETY & STRUCTURE

All classes are trauma-aware, clearly facilitated, and self-paced. Participants are always invited — never required — to engage at their own level. Classes include grounding and regulation at the beginning and end to support nervous-system safety and emotional integration.

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### IDEAL VENUES

Some of the work I do can be intense, so I always end classes with relaxation or regulation exercises. In any course I have, there is always a mix of elements:

- Fitness & movement studios
- Yoga & wellness centers
- Holistic practitioner offices
- Community spaces & libraries
- Book stores
- Retreat venues
- Corporate wellness programs
- Local Health Fairs & Wellness Events

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Participants commonly report feeling calmer, more grounded, emotionally clear, and better equipped to respond to stress.

**Healing is not about fixing yourself.**

It's about creating space for your body, breath, and inner wisdom to lead.

# WILD MOON HEALERS®

## CLASS OFFERINGS

### MIRROR MEDITATION WORKSHOP

Mirror meditation, or mirror gazing, is a mindfulness practice that involves manually observing your own reflection to cultivate self-compassion, emotional awareness, and a stronger sense of self.

Class Time: 1.5 - 2.0 Hours

Class Format: Seated with tables

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### EMOTIONAL ENERGY & SELF-REGULATION

This experiential workshop explores the connection between emotional energy, stress, and self-regulation. Through guided meditation, a visual journey through the chakras, and a hands-on dowsing rod activity, participants gain practical awareness of how their energy flows and simple tools to support balance and emotional clarity.

Class Time: 1.5 - 2.0 Hours

Class Format: Seated with tables

What sets my classes apart is that I use them as a tool for deeper insights into body and somatic awareness, to help you identify areas of tension and awareness, and establish boundaries.

### FLEXIBLE WELLNESS OFFERINGS FOR STUDIOS & COMMUNITY SPACES

Classes can be adapted to suit fitness studios, wellness centers, bookstores, retreat venues, and community organizations. I'm certified in many healing modalities, and I can bring them as a singular option or combine them into unique healing journeys to your establishment:

1. Breathwork Circles
2. Sound Healing classes
3. Meditation Journeys
4. Lunar-inspired events (moon rituals, equinox/solstice ceremonies)
5. Retreat and special event offerings
6. Reiki & Somatic Breathwork 1:1 individual sessions

Class Time: 1.0 Hour (events/retreats vary)

Class Format: Typically lying down

(participants bring yoga mat, blankets, pillows, eye mask, water, journal, comfortable clothing and an openness to self-reflection in heart.)