



# Jahnan Derso

## Maya Abdominal Massage Practitioner & Health Coach

Holistic Tools for Fertility  
Postpartum Womb Care  
Mayan Rainforest Remedies

Jahnan Derso is a solutions-oriented Health Coach who steers her clients to potent, holistic tools, solving their health issues naturally. Her consultations help people discover a new level of success within the natural health paradigm. She shares her extensive knowledge on her website [HibiscusHealing.com](http://HibiscusHealing.com) where you can also find the complete Rainforest Remedy Tincture line.

Practicing out of Wholistic Heartbeat in McKinleyville, CA, she offers the local community her bodywork. Jahnan is a 2003 graduate from Heartwood Institute & a certified practitioner of the Arvigo method of Maya Abdominal Massage. She works with women who are looking to conceive, currently pregnant, or in need of postpartum womb healing. Her hands-on healing sessions steward in the creation of order within the body temple.

Also, at the Wholistic Heartbeat classroom space, Jahnan leads classes in Practical Homeopathy to empower participants with the knowledge of how to use homeopathy to remedy both acute and chronic health challenges. You can catch free Introduction Sessions posted in the Wholistic Heartbeat Magazine!

**Sessions with Jahnan** are generally 60-90 minutes long and include a lesson in the abdominal self-care massage technique. She offers a sliding scale of \$80-\$120. Other health coaching add-ons are available.



Find her offering hands on sessions at  
**WHOLISTIC HEARTBEAT**  
on Central Ave, McKinleyville

To book an appointment text  
**808-652-9374**  
or email  
**[info@hibiscushealing.com](mailto:info@hibiscushealing.com)**

**[HibiscusHealing.com](http://HibiscusHealing.com)**