



SpiritBound
• ENERGY HEALING •

TRAUMA-INFORMED Chakra Healing Guide

A GENTLE PATH TO REGULATION,
RESTORATION & RECONNECTION

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REGULATE. RESTORE. RECONNECT. | *Healing for mind, body & energy*

Welcome, Beautiful Soul

This guide was created to support you on your healing journey through trauma-informed chakra education, gentle practices, and nervous system support.

Healing is not linear, and you are not alone. You are worthy of feeling safe, balanced, and whole.

You deserve to heal.



My Journey

Why I created this guide

For years, I struggled silently with severe anxiety, depression, PTSD, and insomnia. I often felt overwhelmed, exhausted, and disconnected from myself. As a single mother, I carried the weight of survival while searching for healing that felt safe and accessible.

Through my own healing journey, I discovered trauma-informed yoga, chakra healing, Reiki, breathwork, and nervous system regulation. These practices changed my life.

I healed from burnout, stress, and emotional overwhelm — and now I'm passionate about helping others do the same.

My Mission



Provide trauma-informed yoga and wellness education



Support nervous system regulation and emotional restoration



Educate on chakra healing and energy awareness



Create safe, inclusive, and affordable healing spaces for all

You don't have to heal alone. I'm here to walk with you. ❤️

The 7 Chakras Energy Centers of Healing

- CROWN** — Spiritual Connection
- THIRD EYE** — Intuition & Insight
- THROAT** — Communication & Truth
- HEART** — Love & Compassion

SOLAR PLEXUS — Confidence & Power

SACRAL — Creativity & Emotions

ROOT — Safety & Stability



Gentle Daily Practices Support Your Healing



BREATHE

Deep, slow breaths help regulate your nervous system.



MOVE

Gentle yoga or stretching releases tension and stress.



FEEL

Journal, meditate, and allow your emotions to flow.



RESTORE

Rest is healing. Protect your peace and your energy.

Affirmation

I am safe. I am healing.
I am becoming who
I was meant to be.

You are doing the progress you can.
Keep showing up for yourself.
Your healing matters.



EMPOWERING THE HEALING JOURNEY | TRAUMA-INFORMED YOGA & WELLNESS TEACHER | REIKI PRACTITIONER

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