



SPIRITED EVENTS

BY JOFA

Forest and Fire Day Retreat

Saturday, October 11, 2025

Hosted By Tammy Starnes
In Rockwood, TN

(Exact Address will be given after registration)

Embark on a transformative journey, immersing yourself in nature and unlocking profound connections through sensory experiences. Join a community of like-minded individuals seeking growth and knowledge. Through group discussions and interactive participation, share insights, questions, and expertise in a safe, non-judgmental space, fostering a deeper understanding of ourselves and the world around us.

Afterwards, we will enjoy fellowship and food before each person will receive a private, fireside reading. We will finish the day with a fire release ceremony.

AGENDA:

- 2:00pm – Arrival
- 2:30-5:00pm – Forest Therapy Immersion
- 5:00-5:30pm – PlantWave Meditation
- 5:00-6:30pm – Fellowship and Food
- 6:30-9:00pm – Fireside Readings with Kelly Pratt
- 9:00-9:30pm – Fire Release Ceremony



EVENT FEE

Included In Your Event Fee:

- Forest Therapy Immersion
- PlantWave Meditation
- Fellowship and Food
- Private Fireside Reading
- Fire Release Ceremony

Event Fee Per Person: \$75

Maximum Number of Participants: 12

Things to Bring:

- Warm, comfortable clothes applicable to the weather
- Appropriate shoes for walking in the woods
- Something to sit on during the forest walk (blanket, cushion)
- A chair for later
- A covered dish or food to share with the group



FOREST THERAPY IMMERSION

Forest Therapy is, in part, a relaxed and mindful way of being in nature, which supports healing and wellness.

On our walk, Jofa M. Kauffman, Certified ANFT Guide, will guide you through sensory activities and mindful meditations called “invitations” which will assist you in slowing down, relaxing, reconnecting with nature, awakening your senses, and being present. The word “invitation” is intentional: you are invited to do something, but you can make it your own. All is welcome! We close the session with a tea ceremony and a tasty bite. We usually cover no more than a quarter to a half a mile, and so it is welcoming and adaptable for all.

Jofa is a huge fan of therapy, but this is not technically medical therapy and she is not a psychotherapist — she is a guide. However, the aim of this experience is to really have a "see a whole world in a grain of sand" experience with beings in the more-than-human world. The Guide opens the door allowing Nature to become the therapist.

We will be walking, sitting, pausing, exploring... together on a short, gentle walk. One of the pieces of Nature and Forest Therapy walk is to slow down and experience what is around you and really speaks to you. We will be taking our time, in a way that may be new to you, and be out in nature for about 2.5 hours. Please wear sturdy shoes, long, warm pants and a warm coat – also gloves and hat are recommended if the weather warrants. It is important to be prepared for moments of stillness, especially in cooler weather. Please bring something to sit on (a cushion or blanket) to use in places where we may want to sit and linger - you are not required to sit but welcome to.

The walk will be held rain or shine - The only thing that would cancel it would be unsafe weather (thunder and lightning). In this case, we will reschedule the event.

PLANTWAVE MEDITATION

After our tea ceremony. We will take 30-minutes to relax, meditate or just listen to the music of the plants. This is a sound-sensory experience where we will tune into the music of nature through electrical signals of plants as sound. The PlantWave device will measure biological changes within plants, graphs them as a wave and translates the wave into pitch. With PlantWave, every single note you hear is a real-time expression of a shift in a plant. The more active a plant is at any particular moment, the more notes you'll hear.

FELLOWSHIP AND FOOD

Enjoy sharing your thoughts and experiences as we partake in some light refreshments. Please bring some light food to share with the group. Beverages will be provided.

FIRESIDE READINGS

Kelly Pratt will spend time with each participant to give them a private mini-reading next to the fire. (Readings are for entertainment purposes only).

FIRE RELEASE CEREMONY

We will finish our day with a fireside release ceremony. This is a time of intention to make the conscious decision to release things, people, feelings, experiences and thoughts that no longer serve your highest good.



JOFA M. KAUFFMAN

Spirited Events by Jofa

Owner, Numerologist, ANFT Certified Forest Therapy Guide

Hello! My name is Jofa M. Kauffman and I am the owner of Spirited Events by Jofa and a numerologist. Are you wondering how to properly pronounce my first name? It looks like it should be pronounced like sofa, but it's actually pronounced like Hoffa from Jimmy Hoffa. My name may look like I'm from another country, but let me assure you, I'm Pennsylvania Dutch through and through, born and raised in south Central Pennsylvania. Gotta love those apple dumplings!

I started Spirited Events by Jofa in 2014 so I could offer unique and intimate spiritual, metaphysical and paranormal events to my clients with the occasional fun girls weekend events thrown in there. With the onset of the COVID pandemic, I began offering online events which has allowed clients from all across the country to join in. It's always great to see everyone's smiling faces on my computer screen, but I'm excited about face-to-face events, too! Having been an insurance professional for over 20 years including Executive Director of a physician owned PPO and CEO of a third party administrator, one day I realized I wanted more out of life. Having run-my-course in the insurance industry, I had an overwhelming desire to explore metaphysics, spirituality and the paranormal. Hence, Spirited Events by Jofa was born.

As host of these stimulating events, I have introduced my clients to gifted speakers presenting a multitude of metaphysical modalities, spiritual topics and paranormal explorations that open up new and exciting ways of thinking and living. This is also where I found my love of Numerology and began studying and learning from my mentor. Numerology has never disappointed me.

I had my own spiritual journey searching to find my life purpose by utilizing vision boards, mediums, psychics, numerology, astrology, Human Design, Gene Keys, hand and fingerprint analysis and a lot of deep meditation and soul searching. The journey was both revealing and validating that I'm on the right path. In addition, I've learned invaluable lessons from each and every presenter and I am happy to share what I've learned with others to assist them on their own personal journey.

Over the years, I've worked with experienced paranormal investigators and gifted psychic/mediums learning the ins and outs of paranormal investigation. I've been fortunate to visit many notorious haunted locations as well as assisting those who have experienced unknown activity in their own homes and work places. Full-bodied apparitions, shadow figures, white mists, disembodied voices and footsteps are all part of my paranormal experiences. I personally enjoy electronic voice phenomena (EVP) and find I have been very successful in gathering disembodied voices on recordings. Many of my clients who have participated in their first paranormal events have experienced their very first live EVPs during the events. What a thrill it is to see their faces when they hear a disembodied voice on the recording answering their question!

I hope you'll join me for all of the intriguing, thought-provoking and entertaining events and readings offered by Spirited Events by Jofa. Together let's explore the world, the universe, the unknown, ourselves and life!



KELLY PRATT

Reiki Master Teacher/Animal Reiki
Instructor
Founder of Animal Healing – Reiki
Academy

Kelly is a Master in Reiki with a lifetime of understanding her place in the healing world. Her intuitive abilities and knowledge were passed down by her Mother, Grandmother, and her Great Grandmother with an emphasis on Advocating for Seniors, Intuitive Coaching, Reiki and Animal Reiki.

Kelly's intention at Holistic Healing of Knoxville is to be a channel of positive healing energy and intuitive guidance to help empower, guide and support all species on their transformational healing journey in a safe, judgement free environment. In this space, Reiki can help even the most traumatized people or animals to relax and feel a strong sense of well-being.



TAMMY STARNES

Entrepreneur

Owner of Moss and Mane salon and
Gypsy Fox Farm

Tammy Starnes is the hostess of this event. She is an entrepreneur and owner of Moss and Mane salon and Gypsy Fox Farm. Moss and Mane combines holistic principles with expert hair care in Farragut, Tennessee, specializing in beauty and wellness services tailored to your hair needs. Led by Tammy, a curl specialist who is both Advanced Deva and Rezo certified, the salon focuses on delivering exceptional cutting and coloring services, particularly for curly hair. Moss and Mane offers a curated selection of high-quality, sustainable hair products alongside a variety of natural, locally sourced wellness items. The salon is dedicated to enhancing your natural beauty while promoting overall well-being. Experience the perfect fusion of beauty and wellness, designed specifically for you, at Moss and Mane.

QUESTIONS AND CONTACT INFORMATION

If you have any questions, please feel free to contact Jofa M. Kauffman at Jofa@spiritedeventsbyjofa.com or by phone at 717-324-9464.