



ALTERNATIVE HEALING FOR DOGS AND THEIR FAMILIES

*Restorative Wellness
for
Pups and Families!*

Client 

TESTIMONIAL



Teddy and I came to Paws Healology stressed and overstimulated from LA traffic to work chaos. The moment we arrived, we were embraced by calm. Teddy rolled happily in the grass, and as the session flowed, my stress melted away. We left feeling grounded, relaxed, and so connected. An amazing experience we can't wait to do again!

@la.yorkie



Tara Devi Ma

INNER PEACE SPECIALIST
ANIMAL HEALOLOGIST
ANIMAL REIKI SPECIALIST
ANIMAL COMMUNICATOR
SPIRITUAL LIFE COACH

**Dogs are a reflection of their parents and
the well-being of dogs is directly linked to
the wellness of their parents.**

**When parents are well soul, mind, and body,
their dogs thrive soul, mind, and body!**

**Paws Healology supports this
interconnected wellness!**

Dogs that have the chance to accompany their families on vacation should also be given the opportunity to experience fun and unforgettable moments!

So why not indulge in a blissful restorative Paws Healology experience with Tara?!

What is Paws Healology?

Paws Healology is a holistic approach that combines the bond between dogs and their owners with alternative healing and mindfulness practices. Its goal is to promote the healing, health, and well-being of both our furry companions and ourselves!



What's Included in a Session?

Sessions offer personalized, private experiences tailored specifically for your dog and family. Each session will incorporate several of the following elements:

- Animal Communication
- Spiritual Counseling
- Breathwork
- Meditation
- Yoga
- Mudras
- Mantras
- Reiki
- Chakra Balancing
- Affirmations
- animalEO Essential Oils
- Crystals
- Flower Remedies
- Card Readings
- Acupressure

In addition, I offer a range of wellness experiences for individuals, friends, family and company teams utilizing these modalities and more.

Group Events

In addition to private sessions,
I offer the following:

Pet Natural Remedies Workshops
(2 hours)

Reiki Certification*
for dog parents and others who wish to learn
this healing modality
(8 hours)

Group Doggy & Me Events*:
(1 hour)
Yoga
Meditation
Breathwork
Reiki
Sound Healing

* I also offer these events as people only experiences.

Example of a Group Event

Mini mindful inner peace retreat for dogs and their parents.

Pups and Parents Restorative Wellness Event

Agenda

Why inner peace is important for us and our dogs

Set peaceful intention

Guided meditation

Guided breathwork

Sound Healing

Group Reiki / Energy Healing

Guided visualization sending everyone off with peaceful vibes

Other Ideas:

Doggy and Me Yoga

Halloween Psychic Event

Dog Psychic Readings

Dog Oracle Card Reading

Health and Wellness Series for Pups and People

As a Chopra Certified Ayurveda Teacher, I am able to combine the Natural Pet Remedies Workshop with these teachings (nutrition, sleep, body type analysis, emotional health etc.) to support pups and parents.



More About Paws Healology

Paws Healology is a dedicated branch of my Animal Healology Division, focused on aiding dogs and their families.

This venture was inspired by my profound affection for my two dogs, who were undergoing treatment for renal disease. During this challenging period, I applied various alternative healing techniques to support them and myself.

Soon after, I became part of the Veterinary Holistic Center in Springfield, VA, where I effectively assisted both dogs and cats. I also extended my services through home visits and virtual sessions, achieving positive results in both settings. Success is gauged not just by the animals' well-being but also by their families', as spiritual counseling is a vital component of my approach.

Families form deep emotional bonds with their dogs. When our furry companions face behavioral issues or health concerns, our anxiety and stress can escalate, creating a cycle of worry that dogs inevitably sense. This continuous cycle obstructs a tranquil healing or transitioning environment for our pets. My mission is to break this cycle using alternative healing practices.

I provide support for dogs and their families in these areas:

- Behavior
- Health
- Changes in home environment/location
- New siblings (dog or human)
- Enhanced bonding for a harmonious home
- Palliative Care

Hi. I'm Tara!

From Pentagon War Strategist to Inner Peace Specialist

Tara Devi Ma, BS, MBA, Published Author, Motivational Speaker

I am Tara Devi Ma, CEO of Invigorate Your Essence, a Spiritual Life Coaching and Wellness company.

After a 26-year federal career at the Pentagon, I retired and transitioned from supporting top Air Force leadership as a senior-ranking official to focusing on inner peace. During my Pentagon tenure, I applied mindfulness techniques that delivered proven results for individuals and teams, all while managing my alternative health private practice.

Now, as an Inner Peace Specialist, I aim to educate, inspire, and entertain both people and animals, using a variety of alternative healing modalities and certifications in my programs and writing.

Certifications

- Certified Ayurveda Instructor by Chopra Institute for Integrative Nutrition
- Yoga Teacher
- EFT & TFT Tapping Practitioner
- Mindfulness Life Coach
- Spiritual Counselor
- Reiki Master Teacher
- Sound Healer

Training

- Essential Oil Aromatherapy
- Breathwork
- Motion and Flow Practices
- Crystal Healing
- Essential Oils Flower Remedies
- Acupressure for Animals
- Animal Communication

I hold a Master of Business Administration from Oklahoma City University and a Bachelor of Science in Accounting from Alabama State University.

Invigorate Your Essence, LLC (DBA: Tara Devi Ma) is licensed in California. I see clients, both people and dogs, at my Beverly Hills location and also travel to various sites.

My Yorkie Coco serves as the muse!



I believe that an animal's well-being is intrinsically tied to the wellness of their parents. Therefore, my sessions incorporate time spent connecting with the animal and fostering a bond between animal and parent through breathwork, affirmations, meditation, and guided visualization exercises. These sessions are crafted to encourage healing and relaxation for the soul, body, and mind.

Client Testimonials



Thank you so much!

"So an update... we went to the dog park earlier and the girls were off leash. Sadie barked at a guy and after I went and stood by her and talked to her she let him pet her and licked his hand!"

You are wonderful...

"Your manner, your knowledge and your handouts! Darby is still in a very good place, I'm trying to keep us both in it as long as possible."

Thank you so much!

"This experience with Boots and you was so incredibly positive. I had such a sense of peace when you left. Boots is still struggling with breathing, but my interactions are so much less fraught with fear and sadness. I'm better able to just be with him and be loving and enjoy him. I've been sending him love and intentions and petted him with oil yesterday."

We love the oils!

"Yesterday, I used some of the Geranium roll-on you gave me. It is really nice, and that was so sweet of you! I did do alternate nostril breathing!! Was just looking at the pictures again...the last 2 are especially impressive! I like the first 2...they capture Caley well, but the last 2 to me showed how good you made her feel, and how much she likes you!!"

My Client Roster

SUPPORTING A VARIETY OF BEAUTIFUL SOULS

In addition to my animal clients, I support the following:

COMMERCIAL CLIENTELE

EDGAR CAYCE'S A.R.E

**UNIVERSITY OF SOUTH CAROLINA SCHOOL OF LAW, CHILDREN'S LAW
CENTER**

HAMPTON UNIVERSITY

WILD CHILD VILLAGE

WAVE OF BLISS WELLNESS

SYNERGY FLOAT CENTER

PRIVATE PRACTICE CLIENTELE

ACTIVE-DUTY MILITARY AND VETERANS

FEDERAL EMPLOYEES (DHS, DOD, DHHS, DOL, ETC.)

UNIVERSITY OF SOUTH CAROLINA

PROFESSIONAL ATHLETES

BUSINESS OWNERS

PRIVATE SECTOR EMPLOYEES

MEDICAL PROFESSIONALS (PSYCHOLOGISTS, NURSES, ETC.)

POLITICAL FIGURES

MEDIA PERSONNEL (TELEVISION PRODUCERS, WRITERS, ETC.)

ATTORNEYS

RETIREES

PRESS

VOYAGE LA



Radio

MAJIC 102.3



I am honored to team with Washington D.C.'s top radio station to provide inspirational moments to their listening audience.

Podcast

THE INNER PEACE PORTAL

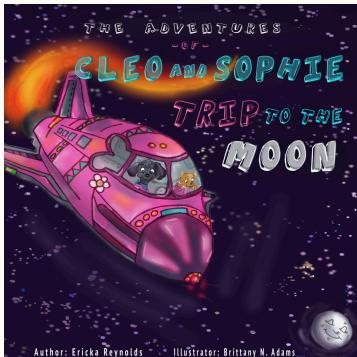
SEASON 1
LIMITED SERIES WITH
PODCASTER
K.C. ARMSTRONG

SEASON 2
ESCAPING YOUR
MENTAL PLANTATION

Blog

INNER PEACE TIPS

Mindfulness Tips for Inner Peace
+ Animal Loss Support Guidance



Book

INSPIRATIONAL PICTURE BOOK

WHO I WORK WITH



I take pleasure in working with hotels that welcome dogs and focus on providing an equally delightful experience for them as for their owners. Additionally, I collaborate with veterinarians, dog trainers, boarding facilities, meetup groups, pet stores, and other organizations committed to enhancing the health and happiness of our cherished canine companions.

WHAT YOU CAN EXPECT

I am committed to my work and consistently strive to exceed expectations, ensuring that my clients are fully satisfied with the services and programs I offer.



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GET IN TOUCH

I would love to partner with you!

Let's connect!

Tara

