



**Spiritual Mentor, Yoga Educator,  
Mystic Healer, Author  
Creator of Soul Culture Yoga School™  
& The Soul Mapping Matrix™**

*"To serve, to share, and to know how  
to **return to joy** is the highest calling  
for us, and the world."  
- Jaishree Dow-Spielman*





## BIO

*Jaishree Dow-Spielman is a spiritual mentor, healer and educator who empowers teachers, leaders, couples and children to be grounded in sacred truth and sovereign relationships.*



### Entrepreneur & Sacred Activist

Since 2006 Jaishree has been dedicated to providing wellness practices and consciousness raising workshops across the globe that invite, ignite and inspire! She is an active member of several nonprofits including the International Pure Bhakti Yoga Society (IPBYS), which seeks to preserve the cultural heritage and distribute the wisdom teachings of Gaudiya Vaisnavism throughout India and the World. This mission work includes taking annual pilgrimages to India since 2009, and in 2011 holding a 2 month residency in Nigeria with the Action Charity Trust to engage and empower teenage community leaders. In 2009 she was a principal founder of the Prema Bhakti Band, bringing kirtan or the beloved mantra practice of call-and-response singing of Divine Names to thousands across the US, Europe and India. She is also on the council board of the Vedic Health Collective which works to promote understanding of trauma and recovery from various wisdom traditions and contemporary paradigms. Her many collaborations include work with JP Farms Animal Sanctuary, Chant for Change, Be-A-Light / SolarAid Project, Global Mala Project, Voice of Vedic Wisdom, and Health Choice Massachusetts. Most recently, in 2020 along with her husband joined the Board as founding stewards of the Bhakta Bandhav Spiritual Education Center near their home in the New York Hudson Valley. In 2021, Kalānidhi and Jaishree established Sanctuary Mission Trust to continue developing necessities for their commutes to further establish the bridging of wisdom traditions with classical education, health and sciences in the United States and beyond.

### Lifetime Learner & Wisdom Keeper

Jaishree's first career was as a classically trained actor and singer. She studied at the Stella Adler Conservatory in New York City, earning a BFA with a minor in Ethics & Religion at New York University. She worked with her Actor's Equity Association and Screen Actors Guild certifications since 1998, starring in numerous award-winning productions and films in New York and LA. She shares the story of her pivot from actor to full time yoga educator in 2007 in her first book, 'Discover Your Bliss'. Since that time she has made annual pilgrimages to India and spent countless hours studying hatha yoga, psychotherapy and or wisdom coaching, energy healing, bhakti yoga & vedanta with master teachers in India, Africa, and the USA. She is currently studying as an Asterian Astrology "priestess" with Jade Luna.

### Yoga Educator & Teacher Trainer

Jaishree Dow-Spielman is a 500hr CYT and 200hr ERYT certified and registered yoga educator. She has taught more than 10,000 hours of hands-on classes and workshops leading people from all walks of life through channeled flows that supported their awakening. Since 2009 she's led 18 national and international bliss immersion retreats to India, Mexico, Africa, Costa Rica and across the US. In 2015 she created the Soul Culture Yoga School, certifying teachers with a spiritually based vinyasa flow with a strong focus on Veda Philosophy including Ayurveda, Naturopathic Diet & Health, Meditation, Astrology, Hands-On Energy Healing and Bhakti. In November 2016 she opened Sanctuary Yoga & Healing, a community yoga studio focused on hosting teachers, wisdom keepers and ancient medicine lineage holders from across the globe..



### Mystic Healer & Energy Alchemist

We are all born with gifts, and Jaishree was born with the gift of pain in the form of lifelong chronic, debilitating migraines. Pain is her teacher because it allowed her to travel outside of her body, see the world from other distances, discover the chakra system, see the sacred geometry of her subtle body, and to feel the parts of her that not only screamed but the parts that went numb. These regular out-of-body experiences, along with taking shelter with her teacher and lineage in bhakti yoga, have made her an expert not only in pain, but also with that which is on the other side - bliss. An Usui Reiki Master and JivAtma Energy Healing practitioner, Jaishree's healing modalities support her client's ability to rest and repair, open their psychic intuitive power, and relate to stress in a softer mood.

### Spiritual Mentor for Teachers, Healers, Leaders & Couples

Being happy and in flow in today's world is tough, and Jaishree gets it. Having built two successful careers based on international travel and teaching while being a homeschooling parent and navigating a lifetime of debilitating chronic pain, Jaishree can relate. Now passionate about the life-changing results she experienced in her own life, Jaishree is on a mission to impart clarity, confidence and flow to teachers, leaders, couples and children everywhere through a process she calls Soul Mapping. She coaches her clients to practice radical vulnerability, make empowered choices and embody a practical spirituality that works for them by helping them learn how to truly love themselves, understand the negative programming that holds them back, appreciate their inherent gifts, radiate abundance and so much more. She is a resource for yoga teachers and holistic healers as she has a knack for bridging the gap between having a healing practice and cultivating an everyday spiritual lifestyle that includes practical self-care, deep self-love and shows up for them when they need it most. Jaishree loves to guide yoga teachers and holistic healers in the Soul Mapping process - her signature system for embodying fierce joy, powerful communication, sacred sovereignty and bhakti.

### Author

Jaishree's first book, "Discover Your Bliss" is a yogi's guide to falling in love with yourself, for real and forever. In 2020 she wrote "Soul Ascension", a revelation novel for seekers of a new earth paradigm. Predicting many of the events and emotions that were to spread across the planet with COVID-19 pandemic, Soul Ascension invites readers to imagine a higher consciousness for humanity on the planet. Topics such as intuition, psychic perception, radical vulnerability, and the evolution of the soul are covered. She addresses her own birthing journey as a mother of birth trauma and healing, which is the main topic of her upcoming third book. Living in times of tremendous change is also addressed as readers are encouraged to find natural wisdom within, connect to lineages of guidance and sacred medicine tools while learning to work with the effects of the shift that is occurring. Soul Ascension is a visceral experience that awakens magic, power and joy inherently while introducing the principles of sacred & sovereign living. It can also be used in small group coaching sessions, book clubs, or can be read as a single channeled experience to teach Conscious Evolution.

### World Traveling Homeschooling Momma

Jaishree lives in the Catskill Mountains of New York with her husband Kalānidhi where they home-school their young daughter and run their Educational Healing Business, Yoga School, Wellness Retreats and support conscious evolution with their non-profit Sanctuary Mission Trust. Coaching, writing, channeling divine guidance and traveling is sacred to the whole family. Deeply grateful for and devoted to their family, both Jai and Kalā were raised by loving families who made education of the musical arts as well as practical sciences an engrained impression from birth. They embody this mood with compassion and work to pass it on to future generations by protecting, inspiring and igniting a culture of soul consciousness among children and parents, across all regions and all ways of worship.



IT'S TIME TO LIVE YOUR DESTINY!

# Jaishree Kala

**Majestic Couple Mentors,  
Healers, Musicians & Homeschool  
Mavericks**  
**Creators & Owners of  
Soul Culture Yoga School™  
& The Soul Mapping Matrix™**





## BIO

*Jaishree and Kalānidhi Dow-Spielman are spiritual educators, healers and life-long musicians who mentor couples to restore the vision of their coupleship, release anxiety, speak truth, and know pleasure on the regular while living a consistent + beautiful power-couple lifestyle.*



### Couples Mentors

Jaishree + Kalā are not only married as romantic partners, but are living proof that it's all possible – to be married, entrepreneurial business owners, artists, homeschooling parents, and educators all at the same time. They have been steering their couple-ship for over a decade together, learning from and creating map systems for the up-cycles and down-cycles of what being a power couple truly means in this ever changing landscape. They walk the talk, guiding from loving compassion, multiple wisdom disciplines and expansive psychic discernment.

### Yoga & Musicianship

As activists and innovators, they embody an ecosystem of modern living, 'soul'-preneurship and sacred wisdom traditions. They lead international retreats and workshops, making annual pilgrimages to India, and together co-founded the Soul Culture Yoga School as well as their non-profit Sanctuary Mission Trust. They have humbly and gratefully led musical events and kirtans with many of the world renown spiritual musical artists, from grammy award winners to mendicant monks living on the banks of the Ganges. Kalā (aka Clarence Dow) has been an accomplished cellist since age 3. Jaishree (aka Deborah Spielman) an accomplished singer and actor since childhood. Their signature yoga & music workshop "Bliss Body Alchemy" is tailored towards any age group and level of practice, in corporate, retreat or private settings.

### Yoga Education & Philanthropy

In 2021, Jaishree + Kalā founded the non-profit Sanctuary Mission Trust (SMT) to invite, ignite and inspire the highest LOVE possible in all souls through the culture, science and practical spiritual application of YOGA.

The mission of SMT is to foster nothing less than a total paradigm shift in living, thinking, moving and connecting with all life. This is done through funding scholarships, research and development, fostering community partnerships and continued support towards inclusive and accessible yoga education projects; homeschool and grassroots education enrichment programming; Youth Yoga, Emotional Upliftment for Kids on the Autism Spectrum and caregivers; and supporting Bhakta Bandhav NY spiritual education center and other local and global non-profits, with special focus towards public food distribution, sustainable development, and free spiritual education. They purchased their own sanctuary home on 5 acres in the Catskill Mountains of New York in 2021 to host retreats and homeschool.



### Kalānidhi Dow-Spielman

Musician, educator, innovator, and father, Kalānidhi das has spent the past 20 years studying and applying yogic principles to affect deep change and abundant living. His passion is to facilitate discovery and ownership of his students' learning processes in alignment with their inherent spiritual power. Achieving flow, acting with clarity, and making visionary connections are parts and parcels of his teaching style, both on and off the mat. He has built 3 companies and nicknamed "buddha in the boardroom".

Kalā is a multi-passionate CEO entrepreneur with a BFA; visionary business consultant, behavior therapist for teens on the autism spectrum, professional musician, RYT-certified yoga instructor, Reiki master, JivAtma Energy Healer and passionate advocate for integrating ancient wisdom into modern living. Together with his wife, he co-owns, co-operates and co-leads the Soul Culture Yoga School, Jaishree Yoga retreats and online Soul Mapping Matrix courses. When he is not geeking out on philosophy or astrology he can be found chanting, homeschooling or making chocolate chip pancakes at any time of day (or night).





# JAISHREE YOGA

## SIGNATURE PROGRAMS

1:1, 2:2, and group online & in-person

**Soul Mapping Matrix™**  
with *Jaishree*

**Soul Mapping Matrix™**  
A 14-day online, self-directed system to help you bring Divine Timing & Flow back to your life

**Yoga & Kirtan**  
A 1.5 hr workshop of spiritualized vinyasa flow with live music into ecstatic kirtan to harmonize body, mind and soul



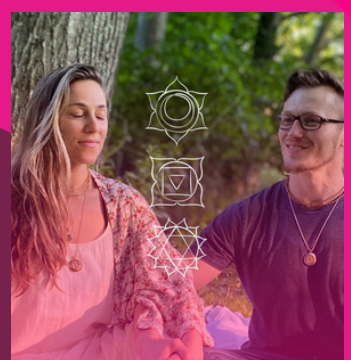
**Soul Ascension Book Club**  
A Free VIRTUAL Book Club to practice sacred & sovereign lifestyle with like-minded community.

**Soul Culture Yoga School™**  
200hr yoga teaching certification for embodying spirituality and building confident, creative healers, teachers and leaders



**Soul Mapping Mentorship™**  
3 months to Redefine your Relationship with Reality so that you run the business of your life from sacred empowered choices

**Majestic Couples Mastermind™**  
Recommit to your journey in Divine Partnership with radical confidence and joy, maintaining sacred space and sovereignty





# SPEAKING TOPICS

*Now booking for podcast interviews and live events*

## Rise of the Sacred Sovereign

An intimate conversation geared towards leaders, scientists, multi-wisdom traditions and the great transformation post Covid; How Spiritual Medicine & Meditation tools support ending generational karma and trauma to create sustainable lifestyle, business, and spiritual economic evolution.

## Bhagavad Gita and the Wisdom Science of Love

Drawing from ancient teachings that illuminate living yoga from the heart in modern times; honoring the best of all spiritual luminaries and teachings of the ancient vedas while making it easily digestible and practical for all.

## Bridge Builders of the New Earth

Real, raw, and relatable - intimate conversations about precious human topics. We unpack the application of consciousness and inclusivity in society; remembering history, honoring healing on all levels, revealing the disease tendencies that plague us, and celebrating healthy activism.

## Homeschooling & Soulpreneur Parenting

Sharing lessons, insights and humor from the front lines of our business owning, content creating, everyday homeschooling, self-motivating habits. For children, parents, educators and caregivers in entrepreneurial projects across any and all divine centered cultures and settings.

## Manifesting Majestic Couplship

Sharing tools, inspiration and radical vulnerability from our full-spectrum majestic-couple vow. How we negate disempowering programming and narratives that keep us disembodied from our ever evolving yet eternal highest intentions as master-manifesting partners.

## From Pain to Bliss - Never Waste a Good Trigger

How to turn your triggers into portals for growth in 3 easy steps; Sharing ancient yet accessible secrets to shifting your psychic landscape, upgrading your language, and make powerful decisions in flow.



**Jaishree + Kalānidhi are happy to speak to your group or audience's particular needs. Please indicate your presentation topic request during time of booking.**



## BLISS BODY ALCHEMY

A **YOGA**, **MANTRA** and **LIVE MUSIC** workshop designed to reach into the heart of any yoga practitioner and remind them of their natural radiance.

- 🌸 Connect to earth, water, fire, air, solar, lunar, and astrological energies
- 🌸 Cultivate a relationship between structured alignment and total freedom of flow
- 🌸 Align with happiness, forgiveness, authenticity and courage
- 🌸 Free your mind with positive sound vibration
- 🌸 Explore authentic movement and embody your most primal sacred self
- 🌸 Practice the sacred art form of offering your practice to the Divine, your ancestry and your teachers
- 🌸 Dissolve the boundaries between your body, mind and heart

**[CONTACT INFO@JAISHREEYOGA.COM](mailto:CONTACT INFO@JAISHREEYOGA.COM) TO BOOK**



ENTER THE SOUL MAPPING MATRIX™

# Let's Talk About Your Soul Mapping!

How are you going to expand your sacred space and maintain your sovereignty in every moment?

## Enter the Soul Mapping Matrix™

Our signature online, self-directed Course to help you bring Divine Timing & Flow back into your life by:

- ✓ **Knowing** - your truth and communicating it effectively
- ✓ **Feeling** - your inherent strength, intelligence and beauty
- ✓ **Accepting** - that you don't know everything and find learning empowering
- ✓ **Creating** - environments that support your highest vision of excellence
- ✓ **Maintaining** - a favorable spiritual timeline that serves your needs
- ✓ **Expanding** - your psychic landscape and language in order to heal and serve



**CONTACT** Jaishree + Kalā to discuss how they can bring the Soul Mapping Matrix™ to your school, studio or workplace!

[WWW.SOULMAPPINGMATRIX.COM](http://WWW.SOULMAPPINGMATRIX.COM)





LIVE. LIFE. CONSCIOUSLY.  
EMBODY SACRED KNOWLEDGE  
SOUL CULTURE YOGA!



200HR YOGA TEACHER CERTIFICATION

# An invitation to join our Yoga School!

ONLINE & IN-PERSON

JaiShree & Kalānidhi invite you to engage your body, mind and heart in a practical yet spiritually based lifestyle that you can use to upgrade on every level right now.

Cultivated over 30 years and 3 continents, Soul Culture Yoga School is rooted in setting the stage for you to embody masterful yet simple healing habits that empower you, no matter your background or experience, to discover your bliss and keep it. In this yoga teacher training training, we gather in sacred community to plug into an eternal energy source, commit to a personal mission, and inspire each other from our clear and confident soul. We teach you to walk the talk from your highest vibration.



**BOOK A  
DISCOVERY CALL  
TODAY!**

*Jai & Kala*  
IN CLARITY, FLOW, AND LOVE

[WWW.JAISHREEYOGA.COM/SCYS](http://WWW.JAISHREEYOGA.COM/SCYS)





# SOUL MAPPING MENTORSHIP

A THREE-MONTH TRANSFORMATIONAL COACHING INTENSIVE



## Find Deep Clarity

Own your worth and see miracles unfold in your life everyday.



## Step Into Confidence

Release anxiety, speak your truth, and celebrate divine timing



## Embody Flow + Radiance

Know in your bones that you are sacred, beautiful, magical and free.

3 months of 1:1 Mentorship with Jaishree to **Redefine your Relationship with Reality**, so that you run the business of your life from sacred devotion & empowered choices.



**For YOU if you're ready for deep Clarity, Confidence, Flow + Radiance**

**Soul Mapping is a process for shifting your mind's negative programming, so that you not only heal old wounds but actually replace them with spiritual confidence, for real and forever.**

**The results of your Soul Mapping show up in seeing + feeling your divine timing and flow in the form of what your soul wants to manifest.**

CONTACT - [WWW.JAISHREEYOGA.COM/SOUL-MAPPING-MENTORSHIP](http://WWW.JAISHREEYOGA.COM/SOUL-MAPPING-MENTORSHIP)



ONE-MONTH COACHING INTENSIVE

# Soul Mapping for Couples

## Have you lost the vision of your partnership?

Do you feel unheard, unseen, undervalued? *Is it time to pivot?*



"As a couple our greatest gaps are also our strongest bonds. Jaishree & Kalā have guided us to pivot our triggers to portals of ascension as a couple, while helping me become a stronger, more sovereign Self."

Warren "Jack" Clement, husband & father

What would it feel like, look like, and...

## What could you do as a majestic coupleship

What if you not only held sacred space, but could literally create it, on your own and together? Learn how to:

- ✓ Find your rhythm as a couple
- ✓ Upgrade mental landscape
- ✓ Practice powerful language
- ✓ Trade-in crisis for creativity
- ✓ Feel your spiritual goals
- ✓ Master chaos as abundance
- ✓ Make amazing choices
- ✓ Embody all your beauty
- ✓ Stop repeating built-in traumas
- ✓ Process emotions as positive



The benefits of creating your Soul Map together is that you will start to **recognize Divine timing and flow in your life**. Especially and certainly during any perceived crisis, big or small.

CONTACT - [WWW.JAISHREEYOGA.COM/SOUL-MAPPING-FOR-COUPLES](http://WWW.JAISHREEYOGA.COM/SOUL-MAPPING-FOR-COUPLES)



# TRIBE LOVE

We get to work with some pretty amazing people...



Working with Jaishree and the whole soul mapping process has been nothing short of life changing! The tools I have gained in transforming both my own life and my relationship with my life partner have been miraculous."

**Stacy Nickle, Soul Mapper, Happily Married Mom**



"Jaishree made it easy to tap into my self confidence in setting boundaries, blocking negative energy, and my soul!"

**Dr. Courtney Neill, Soul Mapping Matrix, DC. Chiropractor**



"Fearless, and compassionate, Jaishree goes where many fear to go."

**Jonathan Glass, M.Ac. Ayurvedic Practitioner**



"This training was fire! It was exactly what I needed to push me to my edge and get me comfortable staying there."

**Kasey Lynn, SCYS Grad, Director at the Devereux School**



"...Impressive and awesome game-changer for me as I balance parenting four young kids, work and life..."

**Jessica Waden, Soul Mapper, Educator & Mom OF 4**



"Every one of these teacher training weekends that I've gone through, I take something home with me that I grow from. ... I've learned how to hold space in ways I never knew I could."

**George Halverson, SCYS Grad, Yoga Teacher, Musician & Dad**



"It just got more powerful as the time went on. You go beyond yourself, what you thought your highest potential was – in every way, physically and mentally."

**Lily Frontero, SCYS Grad at 15yr**



"An unforgettable experience that I would recommend to anyone!"

**Emily Generazzo, SCYS Grad, Yoga Teacher & Brand Ambassador**



"... deeply spiritual, transformative, challenging and most of all fun."

**Dr. Michael Geary, Life Coach & Founder of The Dharma Diamond**



"The whole experience has been life changing. This school was worth every penny and every bit of time."

**Jenny Frontero, SCYS Grad, Fitness Expert & Yoga Teacher**



"If you're looking to find parts of yourself that you didn't even know existed, this is the place to be."

**Alycia Steele, SCYS Grad & Licensed Massage Therapist**



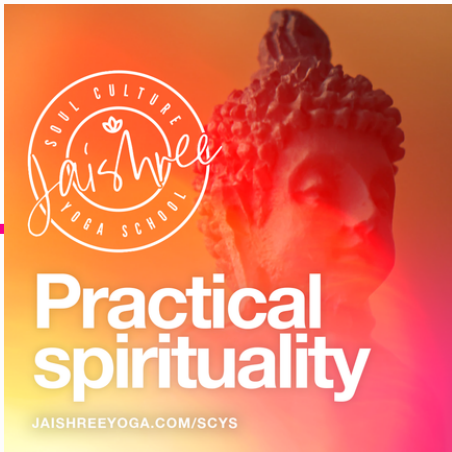
"... a true blessing to anyone who has the calling to deepen their spiritual health and bring it to the next level."

**Lisa Hansen, Holistic Nutrition Coach**










# BOOKING

*Thank you for considering Jaishree + Kalā for your next transformational coaching, leadership conference or educational podcast!*



## Contact Information

-  +857-246-9108
-  [info@jaishreeyoga.com](mailto:info@jaishreeyoga.com)
-  [www.jaishreeyoga.com](http://www.jaishreeyoga.com)
-  Lower Catskill Mountains  
New York, USA

-  [@jaishreeyogaofficial](https://www.instagram.com/jaishreeyogaofficial)
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