

REST to HEAL

WITH JAIMEE RONCONE
CERTIFIED *DARING TO REST*
YOGA NIDRA FACILITATOR

BIO AND CONTACT PAGE

BIO

Jaimee began her Daring to Rest journey along with her metastatic Breast cancer diagnosis. It quickly became a tool that dissolved her panic and anxiety, making life and medical decisions grounded in rest instead of stress. She found herself doing it during her medical scans, other treatment therapies and to be at peace in her home. She quickly realized the need for rest to heal and certified as a Daring to Rest™ Yoga Nidra Facilitator in order to offer rest medicine to others dealing with a cancer diagnosis. Jaimee has been able to curate a special hour offering to many with a cancer diagnosis and the transformation for participants have been life changing in learning ways to manage and navigate their diagnosis as well as skills to help thrive in life.

Jaimee has been a healer for over 20 years and is trained as a massage therapist, oncology massage, craniosacral and lymph drainage therapist. She is a wellness navigator (as health and life coach) as well as previous owner and operator of her own wellness center where she was a creatrix of connection and creator of a welcoming energy and space. She is a mom, wife and cancer thriver. She works with women to help them find and become aligned with their inner voice for healing through rest and life coaching. Jaimee has successfully taken on the role of manager at any job she's had, and in her current position, she is most proud of her role in advocating for and managing her own health throughout breast cancer and now metastatic breast cancer.

Jaimee believes that when you create space to deeply rest, you can dive deep into the dark and discover the strength to transform and realign with your path.

Jaimee resides in the hills of western Massachusetts with her husband and daughter and her two dogs. Her older daughter lives in Atlanta. And older son in western Massachusetts attending college. Jaimee spends her free time finding stillness in the woods and overlooking a nearby lake. As well, she enjoys laughter, dancing, hiking and connecting with close friends for tea or coffee on her couch.

LEARN MORE ABOUT JAIMEE AND HER WORK

BOOK: Read Jaimee's story, *Finding My Voice* in Women Who Rise [here](#).

PODCAST: Listen to my podcast, Meta-Thriving, [here](#). Take-aways for everyone, even if you don't have cancer. You can also subscribe [here](#) to get the latest updates.

REST TO HEAL:

FACEBOOK [Group](#)

[SIGN UP](#) for email news for upcoming Rest to Heal programs and to receive your free REST CAVE GUIDE

CANCER CONNECTION: Rest to Heal class happens virtually every Monday from 11AM-12PM.

Contact Cancer Connection to sign-up: Note: limited to MA residents only.

Center Phone: 413-586-1642, General Email: info@cancer-connection.org

New: The Labyrinth Circle. A group for women with a metastatic diagnosis. It is a sacred, safe environment that offers a place to ask for support, a place to share your frustrations, a place to seek comfort and above all, a place to simply be yourself. This is an on-going monthly low-cost membership serving those who want to feel more connection while navigating their journey to thriving.

Registration is now open. Sign up [here](#) or reach out to jaimee@rockstarnavigator.com if you have questions.

OTHER PLACES:

Listen [here](#) for my interview with Caroline Ruderman and Energy Matters.

Listen [here](#) to a PODCAST with my teacher, Karen Brody where we talk about self-led yoga nidra.

Listen [here](#) to a community talk with River Valley Co-Op on "Rest to Heal".

Listen [here](#) to a community talk with River Valley Co-Op on "Self-Care IS Selfish".

FEEDBACK

I love to hear from you and know your take-aways and hear more about your interests. Please take a moment to fill out this feedback form from today's talk [here](#).

Contact: jaimee@rockstarnavigator.com

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