

THE TRAVELING TEMPLE, LLC

# JOSHUA DORFMAN

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[www.JoshuaDorfman.com](http://www.JoshuaDorfman.com)



# SALUTATION

I am Joshua Dorfman — a Spiritual teacher, metaphysical healer, lifestyle coach and sound healer born and raised in New York City. Born into a family of mystics, I had the honor of developing knowledge from an early age. Well-being became a passion of mine at age 15, and I began offering insight and healing to friends and adults in my network. Since then, I have become trained and certified in many modalities, evolving from a curious—to now obsessed—autodidact studying life, energy, healing and more. While studying, I worked in service, hospitality, fashion and the arts, experiencing the full melting pot that is NYC — a divine appointment I now credit as teaching me to interact with and understand all types of people, and to comprehend how to best be of service to them.

For the past nine years, I have been a full-time entrepreneur, dedicating myself to teaching meditation, offering metaphysical healing, training, coaching, and retreats. I frequently offer corporate wellness events and participate in speaking panels, most notably for the New York City Board of Education and the New Museum, speaking about the health benefits of sound frequencies as a modality for healing.

My group offerings can range anywhere from 10–150 participants, and I have facilitated over 4000 hours of sound meditation journeys and group healing sessions. I am fortunate to bear witness to—and be a catalyst for—helping people heal emotional trauma, physical impediments, confidence and mindset hurdles, and profound reductions in stress and anxiety. The meditation journeys we take together are visceral and visual. People report connecting to a deeper part of themselves, and thus finding a bridge to better connect with their environment and those around them.



# GO PRO PRIVATE



01

02

03

### Samsung Experience

Panel discussion on wellness, sound healing as a tool for wellness, followed by a sound journey.

### Eight Sleep

Breathwork and sound healing journey

### Pyer Moss

Group meditations utilizing guided visualization, breathwork and drumming.  
1 year

04

05

06

### PH Talent

Bi-weekly group meditations for employees.  
2 years

### A&E TV

Bi weekly group meditations for employees.  
3 years

### HealHaus

Group meditations, workshops, and private sessions.  
2018-Present



“Attending Joshua’s classes on a consistent basis has truly enriched the quality of my life. He is compassionate, intuitive, and a gifted communicator. I leave each experience feeling more equanimous, in deeper wisdom, and at greater peace.”

— Ryland

“I am incredibly grateful for the opportunity to meditate with Joshua! He creates a warm and inviting atmosphere where all are welcome. He is knowledgeable, sincere, and passionately shares his gifts with others. His calm spirit gently guides you through the experience and you will walk away feeling peaceful and centered.

-Sandra



“I have been working with Joshua for about 2 years now. Almost immediately, I noticed a difference in me--I felt more grounded and better able to clearly distinguish my own intuitive voice. I have since gained more confidence, and I’m surer in my choices. I’ve also recently gone through a very challenging time dealing with a sick parent. Joshua has been adept at helping me to re-frame this process, whereby I’m not merely a passive witness/victim, but I can see the transformative power of this spiritual journey. This change in perspective that Joshua has helped facilitate in me has been profound. It has completely revised how I orient myself in this life.

-Kim



# SERVICES OFFERED

I offer a multitude of group experiences that revolve around wellness, mental health, meditation and sound. My services are customizable and are always offered in a way that honors the intention of the group and the organizers of the activation.

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**01** **Sound Healing**  
Also known as 'Sound Baths' are facilitated using singing bowls, chimes, drums and rattles. Breathwork is always included as the preparation for the body to receive.

**02** **Shamanic Journey**  
An ancient form of guided meditation practiced by the Indigenous as a way to connect to higher states of consciousness. spirit animals and higher intelligence. Drumming specific tempos for a certain period of time allows the left side of the brain to slow down while activating the right side of the brain, causing one to "journey".

**03** **Discussion, integration, breathwork, retreats+ more**  
Q&A, how to use sound in our daily lives, various forms of breathing exercises for different results + more. In addition, corporate wellness retreats can be curated and accommodate up to 30 people.



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# NEXT STEPS



*"I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

*-Maya Angelou*

*Thank you!*

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