Enhancing Navajo Community Wellness Through Partnership with

Infinity Dreamscapes

Honorable President Dr Buu Nygren
Honorable Vice President Richelle Montoya
Navajo Nation House Speaker Crystalyn Curley
Navajo Nation Council,

As a professional massage therapy practice, Infinity Dreamscapes is dedicated to the well-being of our Navajo people. We are writing to you with a proposal for a collaborative effort to promote community health and stress management. We seek your official support and assistance in promoting our services as a valuable health resource.

Infinity Dreamscapes is a locally-owned, professional massage therapy practice committed to providing high-quality therapeutic services. Our mission is to enhance the physical, mental, and overall well-being of our clients through personalized and culturally-sensitive treatments. We are proud to be a business that serves our Navajo people, overall Native American Tribes, and contributes to the local economy. We understand that many members of our community face physical and mental stressors. Professional massage therapy is a proven method for alleviating chronic pain, reducing anxiety, and promoting relaxation, complementing traditional healing practices.

We humbly ask for your assistance in raising awareness of our services through:

- **Inclusion in Official Communications:** The opportunity to be featured in official Navajo Nation newsletters, websites, or social media channels (e.g., a "Navajo Nation Business Spotlight").
- **The opportunity to present Navajo Nation Departments** on the benefits of self-care and professional massage.
- **Promotion of a special "Navajo Nation Wellness Rate"** for our services, which would be a permanent offer.

In return for your valuable assistance, we propose to offer:

- **Discounted Services:** A special discount program for all Navajo Nation employees and their families.
- **Educational Workshops:** Workshops on the benefits of massage therapy for stress reduction, pain management, and holistic health, tailored for community groups or Nation departments.

Assistance for the Navajo Nation Reservation-Wide Community

Infinity Dreamscapes can offer mobile or pop-up massage therapy clinics at community centers, health fairs, or special events across the reservation. This approach would make professional massage therapy more accessible to those who might not be able to travel long distances for appointments.

This type of outreach can provide:

- **Stress and Pain Relief**: Many community members may experience chronic pain or stress from daily life, work, or physical labor. Massage therapy can help alleviate conditions such as low back pain, headaches, and general muscle tension.
- **Health and Wellness Education**: Beyond providing services, Infinity Dreamscapes can host workshops on the benefits of self-care, simple stretching techniques, and the importance of hydration and movement. This educational component empowers individuals to take an active role in their own well-being.
- **Job and Career Opportunities**: As Infinity Dreamscapes grows, they can create opportunities for local Navajo Nation members to be trained and certified as massage therapists. This would not only provide employment, it may potentially allow for a culturally sensitive approach to wellness, as therapists who are part of the community can better understand and address the specific needs of their clients.

Assistance for Navajo Nation Leaders

Navajo Nation Council Members, the Head of House Speaker, the Vice President, and the President carry immense responsibilities, which often lead to high levels of stress, anxiety, and physical strain. Infinity Dreamscapes can offer specialized services to help these leaders maintain their health and focus.

- **On-site Chair Massage**: Offering short, 15-minute chair massages at the Window Rock Arizona Capitol or during council sessions can provide a quick, effective way for leaders to de-stress and reset during long days. This can improve mental clarity and reduce physical discomfort from sitting for extended periods.
- **Corporate Wellness Program**: A tailored wellness program could include regular, scheduled massage appointments to address the physical and mental demands of their roles. Massage therapy has been shown to improve sleep quality, sharpen focus, and reduce anxiety and depression—all of which are crucial for high-pressure leadership positions.
- **Demonstrating Proactive Leadership**: By embracing a wellness initiative for their own staff, the leadership can set a powerful example for the entire community. It shows that they prioritize self-care and recognize the importance of mental and physical health in performing one's duties.

- **Partnerships and Sponsorships:** A commitment to Partnership and Sponsor a Navajo Nation Community event or donate services for a charitable cause annually. By working together, we can actively contribute to a healthier, more resilient Navajo Nation. We are ready to provide further details and discuss how we can best support your administration's health initiatives.

We believe that this partnership aligns with the Navajo Nation's commitment to the health and prosperity of its people. Our sponsorship is not a one-time gesture but a continuous investment in the success of Navajo Nation initiatives. We look forward to the opportunity to discuss this proposal further and work together to build a healthier, more vibrant community.

Thank you for your time and for all you do for the Navajo people.

Sincerely,

Brittany R. Morris 8/20/2025

State of Arizona County of Apache
Subscribed and sworn before me on 8/20/25
(Date)

(Notary Signature)

Jeremiah Thompson
Notary Public
Apache County, Arizona
My Comm. Expires 10-16-28
Commission No. 675607

Brittany R Morris

Professional License Massage Therapist
LMT CEO AMTA CMS | Infinity Dreamscapes
Arizona State License
CMS NPI : 1902535990

Ph: (866) 572- 8264
Email : Info@infinitydreamscapes.com
Address:
NE Corner US HWY 264 Indian Route 12 STE 11-B
Window Rock Arizona 86515