

Spring & Summer 2025

Premiere Issue

FREE



Holistic Living

A twice-annual directory for the northern Shenandoah Valley.



The SANCTUARY Wellness Center

sanctuaryberryville.com

(410) 707-4486

A gathering of passionate healing arts professionals in a "green serene" sanctuary. We welcome new members! Our spaces are available for workshops, classes, treatments, and more.

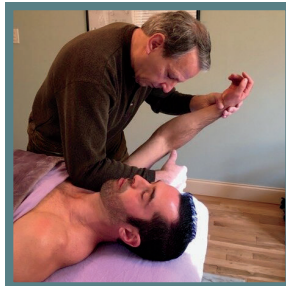


Join Our Community of Practitioners!

If you are looking for affordable space to rent in a professional, tranquil environment with a community of holistically-minded professionals...you are home.



Geo Giordano, M.Sc.,
Registered Medical
Herbalist



Bill Giordano
Craniosacral,
Massage



Kathy Miller
Homeopathy,
Biomagnetics



Michelle Joy Lambiasi
Herbal Medicine,
Aromatherapy



Elizabeth Bava
Reiki, Energywork



Tara YG Welty
Acupuncture



Amy Hope-Gentry
Ayurveda, Yoga, Reiki



Christine Kestner
Nutrition, Tai Chi

PUBLISHER'S LETTER

We're excited to welcome you to our first issue of Holistic Living: a twice-annual directory for the Northern Shenandoah Valley. The community's growing interest to incorporate a more integrative approach to wellness inspired us to create a supportive space for our local holistic practices, practitioners, and storefronts.

We define holistic living as a way of life that prioritizes the interconnectedness of the body, mind, and spirit. It considers the whole person and their overall wellbeing rather than focusing on individual symptoms or aspects of life in isolation. Key principles include striving for a balanced lifestyle, opting for natural and/or organic foods when possible, mindfulness and good mental health, environmental awareness, integrative health, community, and personal growth.

Our goal is to educate the public on the many differing modalities and services being offered as well as promoting the many talented and passionate people doing this work.

The resources we provide are here to benefit you and those you care for. May you find the support that brings you a more balanced and joyful life.

Ruby & Tammy

On The Cover:

Nature's Art, a photograph by Ellen Zimmerman.

Ellen is a fine art photographer who loves to unearth tiny jewels of nature, little vignettes that feel magical to her. Her images can be abstract or edge toward the representational – but always with a twist, tickling the edges of the imagination. She is passionate about having her photographs support individual and community health. Her work has been exhibited in galleries in the United States, Canada, England and Europe. Follow her on Instagram @ellenzphoto or Facebook at ellenzphoto. Or visit her website at ellenzphoto.com.



Tammy Batcha & Ruby Biedrzycki

Ruby Biedrzycki has been a holistic esthetician for 10 years, an integrated energy therapist for 4 years and a certified reflexologist for the past 30 years. Currently, she operates her private practice in downtown Winchester. She's also involved in hosting a local group of alternative practitioners who meet monthly. Her desire is to use the Holistic Living Directory as a voice for independent practitioners as well as businesses.

Tammy Batcha is native to Frederick County, Virginia and currently resides in Middletown. Her career, spanning more than 30 years, has been within the printing industry. Tammy is also passionate about assisting holistic practitioners with their business photography. She is the designer of Holistic Living.

Publishers Notice:

The publishers of this directory do not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the publishers is only to offer information of a general nature to help you in your quest for emotional, physical and spiritual well-being. In the event you use any of the services mentioned within this publication, the publishers assume no responsibility or liability for your actions.

CHIROPRACTIC

Chiropractic is a form of complementary medicine based on the diagnosis and manipulative treatment of misalignments of the joints, especially those of the spinal column, which are believed to cause other disorders by affecting the nerves, muscles, and organs.

For over 25 years, **Dr. Celeste Krawchuk** has treated patients of all ages, while specializing in pediatrics and pregnancy. Chiropractic can help with headaches, lower back pain, sciatica, sports injuries and more. **(540)955-3355**

Celeste@berryvillechiropractic.com

See ad p.6.

Chiropractors are in demand! Don't miss out on potential clients. Advertise your listing in Holistic Living. **HolisticLivingNow.com**

CLASSES & WORKSHOPS

A COURSE IN MIRACLES study group on Zoom, meeting each Wednesday from 7-8:30pm EST. All are welcomed. For more information go to **tammybatcha.com/a-course-in-miracles** or email **tammybatcha@gmail.com**

Mokihana Traditional Hula: Adults and children learn the history, culture, and language of the indigenous Hawaiian people. Enhance your physical, intellectual and spiritual health through the art of hula. Hawai'i graduated teacher/kumu.

MokihanaTraditionalHula@gmail.com

Share your class with the community. Advertise your listing in Holistic Living. Visit our website for info. **HolisticLivingNow.com**

Give your body support to heal with CranioSacral Therapy (CST)

Improve the quality of your life with gentle, hands-on CST. Relieve stress and pain that bring dis-ease.

Address the effects of trauma, injuries, illnesses, surgeries, or just every day stress.
Find more comfort and ease in your body. Find physical and emotional balance.

You will leave each session feeling rejuvenated and restored!



Dorian Heather Brown, CST-T
Pebble in a Pond Holistic Healing
www.dorianspebbleinapond.com



Jackelyn Brannon
Touch of Wellness
TouchofWellness.glossgenius.com

Located inside the Body Elite Wellness Center
3052 Valley Ave, Suite 200, Winchester VA

Dorian & Jackelyn are now offering multi-hands sessions!

The same gentle, hands on methods are used. Results are exponential; improvements / changes occur more quickly and more deeply than can be achieved with one therapist.

CRANIOSACRAL THERAPY

Craniosacral therapy (CST) is a gentle, hands-on approach to bodywork that focuses on assessing and enhancing the flow of cerebrospinal fluid between the cranium (skull) and sacrum (lower spine). CST is often used to relieve pain, reduce stress and improve overall well-being by balancing the nervous system.

Pebble in a Pond Holistic Healing, Dorian Heather Brown, CST-T Certified CranioSacral Therapist, 3052 Valley Ave., Suite, 200, Winchester, VA 22601. Info & booking: **DoriansPebbleInaPond.com**. Give your body tools to heal with CranioSacral Therapy & SomatoEmotional Release. See ad p.4.

Jacklyn Brannon, RN, Touch of Wellness, CranioSacral Therapy, Visceral Manipulation & Ion Cleanse Detox. Treating all ages, specializing in infants and children. 3052 Valley Ave., Winchester. **540-398-6892** Book online at **@TouchOfWellness.glossgenius.com**

ENERGY HEALING

Energy Healing is a holistic practice that balances the body's energy fields to promote physical, emotional, and spiritual well-being. Practitioners channel or manipulate energy to remove blockages, restore harmony, and support the body's natural healing abilities.

Anita L. Schill, PhD, EEM-AP, Energy Medicine Practitioner, Winchester, VA 22601 **BlissZoneEnergyMedicine.com/ Anita@BlisszoneEnergyMedicine.com**. Anita is a certified Eden Energy Medicine Advanced Practitioner in practice since 2021. For more information, see ad p.8.

Crystalline Sun Energy. My name is **Christie Kennedy**, and I am an Energy Healer/Light Language Practitioner in Winchester, VA. I channel your guides to: Clear blocks, release negative belief patterns, ancestral healing, clear traumatic past lives. To book a session go to **CrystallineSunEnergyHealing.com**.

Unlock your healing potential to transform your life through Energy Healing Sessions, Energy Healing Classes, Energy Healing for Animals. **Janice Williams**, Integrated Energy Therapy Master Instructor, Reiki Master Teacher, Advanced Level Healing Touch, LMT, CST. **www.shenandoahspirit.com** See ad p.12.

Don't miss out on potential clients. Advertise your listing in Holistic Living. Visit our website for info. **HolisticLivingNow.com**

Think you've tried Everything. Holistic Medicine. Real Solutions.

Feeling Better is Possible.

Achieve optimal health and wellness by identifying the cause of your symptoms.



With a focus on holistic, science-based approaches, I offer personalized solutions tailored to your unique needs.



Dr. Joelle Cafaro

3052 Valley Ave.,
Winchester, VA 22601
(540) 324-3254

Heal4Real.Com

ESTHETICS

Esthetics is a beauty philosophy that considers the connection between a person's physical and mental health, and how that reflects in their appearance. It's based on the idea that a person's exterior image reflects their internal state.

At **Bee Sacred Wellness** enter into a deep state of relaxation to bring flow and balance to the body through holistic facials, foot reflexology and Integrative Energy Therapy. See ad p.13. Schedule with **Ruby (540)550-6498**
rubywellness12@gmail.com

Capricorn Esthetic Studio, providing conscious beauty from the inside out. **Kourtne Bodmer**, LE owner esthetician & Eminence provider, **Gwen Keiter**, LE. Find your Eminence Natural Skin Care solution. See ad p.15. **540-313-2675**, 20 E. Piccadilly St., Winchester. **capricornintuitiveservices@gmail.com**, **capricorn-intuitive-services.skincaretherapy.net**

FENG SHUI

Feng Shui is an ancient Chinese practice that harmonizes individuals with their environment by balancing energy (Qi) through spatial arrangement, design, and element placement to promote wellbeing, prosperity, and harmony in living and working spaces.

Are you a Feng Shui service provider?

Don't miss out on potential clients. Advertise your listing in Holistic Living and reach the people who are searching for your services. For more information, visit us at **HolisticLivingNow.com**

FUNCTIONAL MEDICINE

Functional medicine is a personalized, patient-centered approach that seeks to identify and address the root causes of diseases by considering the complex interactions between genetics, environment, and lifestyle factors. It emphasizes individualized treatments and holistic care to promote optimal health.


Sage Center for Women's Health

www.sageptva.com Sage PT and Women's Health, **Dr. Julie Carestio**, PT, DPT Offering functional medicine, physical therapy and herbal support. **julie@sageptva.com**
540-327-2012 |

Rebecca Wilson-Nagy, LMT Offering therapeutic massage, Lymphatic Drainage & Integrative Energetic Medicine **540-539-3281**

BERRYVILLEfamilyCHIROPRACTIC

Dedicated to the wellbeing of children and their families.



Dr. Celeste M. Krawchuk, D.C., D.I.C.C.P.

101 East Main Street, Suite 102; Berryville, VA 22611
540-955-3355 www.berryvillechiropractic.com

Restoring Joy to Life's Experiences

HEALTH & WELLNESS

Holistic health and wellness is a way of being that considers the physical, mental, emotional, social and spiritual aspects of health. It's a field of practice that draws from many cultures, religions and disciplines.

Geo Derick Giordano, MSc, RH(AHG), Registered Herbalist; Clinician, Apothecary owner, Formulator, Educator. Berryville / Owner, Founder of Sanctuary Berryville, LLC/
Sanctuaryberryville.com/www.GeosJoy.net
GeosjoyRH@gmail.com. **Bill Giordano**, LMT, ABMP/ Co-founder. <https://www.bill-giordano.com/> billgiordanoLMT@gmail.com. Massage, Energy Balancing, CranioSacral, Hot Stone Therapy, Lymphatic Drainage, Cupping.

Kristin Parthemos, Integrative Health Coach, www.healthandharmonyhc.com, info@healthandharmonyhc.com. Health & Harmony provides holistic health coaching. As a guide and healthcare partner, we specialize in helping clients implement sustainable lifestyle changes in the areas of: managing complex diets/food allergies/MCAS, navigating mold/mold illness, deconditioning/movement, chronic illness/inflammation, and self-care goals. Kristin's personal experience with Lyme disease, MCAS, POTS, and mold illness created her passion for making a difference in the health and wellness of others.

Are you a Health & Wellness practitioner? Don't miss out on potential clients. Advertise in Holistic Living and reach the people who are searching for your services. For more information, visit us at **HolisticLivingNow.com**

Holistic coaching and education for life, health, nutrition, fitness and finance. Reiki Master for relaxation or specific issues/areas needing a breakthrough that includes coaching after session. Schedule your desired session, book at: <https://linktr.ee/coachlindasue>. "Transforming You Naturally - Inside & Out"

At **Wernecke Wellness** Your Health Journey Matters. We take the time to listen. Using Bioenergetics, hair tissue analysis, and looking at diet, exercise, stress, toxins, rest, emotions, and supplements. Schedule a free 30-minute consultation! werneckewellness@gmail.com (540)539-1221

Your ad could be here. Don't miss out on potential clients. For more information, visit us at **HolisticLivingNow.com**



Your Body's
Reset Button
Starts Here.



Therapeutic Massage Energy Sessions | Abdominal Therapy Treatments and Education
Prenatal/Postpartum Massage Energy Sessions | Remote Energy Sessions
For more information or to book an appointment, please visit my website.

Lavish Wellness
3052 Valley Avenue, Suite 200, Winchester, VA
www.DovannasLavishWellness.com
540-660-5134

Dovanna Zehr Rosenberger,
Licensed and Board Certified Massage Therapist



HERBALISM

Herbalism is the practice of using plants and plant extracts for medicinal purposes, aiming to prevent and treat illnesses, and promote overall health and well-being.

Geo Derick Giordano, MSc, RH(AHG). Registered Medical Herbalist, Berryville, VA 22611/ Owner, founder of The Sanctuary Berryville, LLC / Sanctuaryberryville.com / Info@sanctuaryberryville.com / [Facebook.com/TheSanctuaryBerryville](https://www.facebook.com/TheSanctuaryBerryville). **Bill Giordano, LMT, ABMP/Co-founder.** A gathering of Holistic Healing Arts Professionals passionate about restoring vitality, health and joy for those seeking support since 2017. See ad p.2.

To advertise, visit us online at **HolisticLivingNow.com**. **Don't miss the next issue.**

HOLISTIC MEDICINE

Holistic Medicine emphasizes the interconnectedness of all aspects of a person's health, including their physical, mental, emotional, social and spiritual well-being. It focuses on treating the whole person rather than just the symptoms of a disease.

To advertise your Holistic Medicine practice, visit us online at **HolisticLivingNow.com**. **Don't miss the next issue.**

Holistic Medicine is a system that looks to find the cause of your symptoms. It is an approach that considers the entire person & uses nutraceuticals such as vitamins & herbs to assist the body. **Dr. Joelle Cafaro, Heal4Real.com (540)324-3254** see ad p.5.

IS ENERGY MEDICINE RIGHT FOR YOU?

DO YOU KNOW THAT:

- Just like your physical body your energy body can get out of balance?
- When your energy body is out of balance your health and well-being are compromised?
- With simple, noninvasive techniques, your energy systems can be rebalanced?
- Balanced energy systems restore vitality and passion for life?

ARE YOU:

- Experiencing chronic pain?
- Preparing for or recovering from surgery?
- Undergoing treatment for cancer?
- Living with anxiety, depression, fear, or grief?
- Exhausted and missing out on your life?
- Find out if you will benefit from energy medicine . . .



SCAN THIS CODE TO
SCHEDULE YOUR
APPOINTMENT

BlissZone
ENERGY MEDICINE LLC

Balance Your Energy. Find Your Bliss.

Anita@BlissZoneEnergyMedicine.com

www.BlissZoneEnergyMedicine.com



"... The benefits for me have been profound. The clarity I've gained is priceless and I feel I've found the missing piece of "my puzzle." I've been empowered to fully show up in this lifetime."

— NANCY B.

ANITA L. SCHILL,
PHD, EEM-AP

Certified Eden
Energy Medicine
Advanced Practitioner

Anita L. Schill, PhD, EEM-AP, Energy Medicine Practitioner, Winchester, VA 22601
BlissZoneEnergyMedicine.com/Anita@BlisszoneEnergyMedicine.com. Anita is a certified Eden Energy Medicine Advanced Practitioner in practice since 2021. For more information, see ad p.8.

Energy Medicine healing and practitioner training with **Sarah Lascano**. Are you ready to expand your healing? Learn to heal the root cause of illness with immediate and noticeable changes. No energy therapy experience required. See ad on p.11. **RayZenEnergy.Com**

To advertise your Holistic Medicine practice, visit us online at **HolisticLivingNow.com**.
Don't miss the next issue.

LACTATION CONSULTANT

*A **lactation consultant** is a specialized health-care professional who provides expert guidance, support, and education to breastfeeding mothers, assisting with proper techniques, troubleshooting challenges, and promoting optimal nutrition for infants.*

To advertise your business visit us online at **HolisticLivingNow.com**. Don't miss the next issue.

Natalia Ossinova IBCLC, RN/BSN, Snuggle, LLC at Sage Center for Women's Health, Winchester, VA. Lactation support through private lactation consults and Motherbaby Circles. Monthly Womb-full and Wise Woman Circles. Building community, belonging and trust in our bodies. **(212)203-9394**
sageptva.com

Sage

Center for Women's Health

serving women through all life stages

- functional medicine
- lymphatic drainage
- full-scope midwifery care
- lactation consulting
- women's health PT
- thermography
- herbal support
- women's circles
- therapeutic massage
- exercise classes

holistic care for life

www.sageptva.com

our team, serving you

Dr. Julie Carestio, PT, DPT

Dr. Aimee Akers, DNP, CNM

Desiree Cripps, CPM, RN

Natalia Ossinova, IBCLC, RN, MPH

Rebecca Wilson-Nagy, LMT

Brandie Leonard, RYT

420 W Jubal Early Dr, Suite 105
Winchester, VA

MASSAGE THERAPY

Massage therapy is the manual manipulation of muscles and soft tissues to relieve tension, reduce pain, and promote relaxation. It enhances circulation, supports healing, and improves overall well-being through various techniques, including kneading, gliding, and pressure application.

Alan Arnett, board-certified massage therapist and body worker, (540)664-1380, 132 S. Cameron St., Winchester (inside Legacy Wellness). Alan earned an MFA and brings a wealth of movement experience to his practice, where his hot stones have offered relief to clients near downtown Winchester for 8 years. Book him through laughingbuddhabodywork.com or by text.

Dovanna Zehr Rosenberger, Licensed & Board-Certified Massage Therapist, Energy Medicine Practitioner, Certified Pregnancy massage therapist & abdominal therapist. Offering therapeutic massage, pregnancy massage, energy sessions, classes, Mayan abdominal massage & education. **Lavish Wellness, LLC.** www.DovannasLavishWellness.com 540-660-5134

Healing Lane & Yoga, Gwen Lane, Massage Therapist for 25 years
Offering myoskeletal, lymphatic drainage and the Stephenson Method.
Focuses on relieving stress and pain relief. Healing Lane, 20 E. Piccadilly St., Winchester, VA 22601, 540-532-1140 www.healinglane.com. See ad p.16.

Brenda J. Watley, 40+ years therapeutic body work to assist in balancing the physical, mental and emotional body. Reiki, Polarity, IET, Aromatherapy, lymphatic drainage, Stephenson Method. And anything else the goddess asks of me. (832)425-8103 Mon.-Sat.
breatheout4life@gmail.com

MENTAL HEALTH

Mental Health involves the application and intervention of strategies to promote good mental well-being and support.

Anita L. Schill, PhD, EEM-AP, Energy Medicine Practitioner, Winchester, VA 22601 BlissZoneEnergyMedicine.com/Anita@BlisszoneEnergyMedicine.com. Anita is a certified Eden Energy Medicine Advanced Practitioner in practice since 2021. For more information, see ad p.8.

FIND US ON SOCIALS
f @MountainMysticCo @mountainmysticcompany

MOUNTAIN MYSTIC
TRADING . STAR . COMPANY

A Shenandoah Valley Transformation Station

Open Everyday, **EXCEPT WEDNESDAYS**

Crystals & Minerals | Unique & Distinctive Jewelry
Candles & Incense | Books & Greeting Cards
Wind Chimes & Statues | Sanctuary Blankets
Local Artisans, Vendors, & Practitioners

540.635.6318
215-B South St., Front Royal, VA 22630
www.mountainmystic.org

MIDWIFERY

Midwifery is the practice of providing care, support, and guidance to women during pregnancy, childbirth, and postpartum. Midwives offer prenatal care, assist in labor and delivery, and promote maternal and newborn health through a holistic, patient-centered approach.

Ten Moons Midwifery | Established in 2009
| **Offering holistic full-scope midwifery care with community midwives: Aimee Akers, APRN-CNM, IBCLC & Desiree Cripps, LM-CPM, RN** | Homebirth | Waterbirth | Birth Center Birth | Nutrition Support for Women's Health | Lactation Consultation | Holistic Gynecology | **(540) 212-4142** | **ten-moons.com**

NUMEROLOGY

Numerology is a metaphysical study assigning symbolic meanings to numbers, exploring their influence on personality, events and the cosmos. It interprets numerical patterns to reveal hidden insights about human life and the universe.

Local artist, **Charla Hayen**, illustrates words. Her mediums are pen and ink, colored pencil and vintage collage. Charla's Life Letter collection incorporates her research into numerology. Visit Charla upstairs at Gallery One, 385 Millwood Avenue, Winchester.

Charla1219@aol.com Phone: **(540)535-0515**

Holistic Living is a twice-annual directory published in the spring and fall. Don't miss out on your chance to advertise in the next edition. Find more information on our website. HolisticLivingNow.com.

NUTRITION

Nutrition encompasses a dietary approach that focuses on an individual's unique lifestyle and needs to create a personalized eating plan that prioritizes whole, unprocessed foods, while aiming to optimize the body's natural healing abilities.

Personalized nutrition and wellness coaching in a collaborative style, implementing customized strategic steps at your preferred pace. Upgrade your nutrition and lifestyle in a supportive space. **Ann McQuinn, RDN, DHC, True Wellness, LLC**, Nutrition Coaching & Medical Nutrition Therapy **(540) 327-8700** **www.truewellness.online**

To advertise your business visit us online at HolisticLivingNow.com.

Is Something Missing From Your Healthcare?



Heal hard-to-treat symptoms with science based solutions that integrate with your healthcare and deliver real results.

Introducing Sarah Lascano

In my thousands of healing sessions, I've helped people find healing when they felt out of options or were told there was nothing more to be done. Contact me for your free consultation.

RayZenEnergy.com

*Sarah Lascano
Internationally recognized speaker, author
and energy medicine practitioner.*



PHYSICAL THERAPY

***Physical therapy** is a healthcare practice that uses exercises, manual techniques, and specialized treatments to restore movement, reduce pain, and improve physical function. It helps individuals recover from injuries, surgeries, or conditions affecting mobility and overall well-being.*

Body Elite Physical Therapy with **Karie Newman** | bioDensity is an advanced exercise-based therapy. It's an effective health and wellness product that builds strength, increases bone density, improves functional movement, reduces cardiac risk and improves Type 2 diabetes. **Bodyelitept@yahoo.com**
(540)535-7222

At **Thrive Integrative PT and Sports Rehab**, we offer orthopedic manual physical therapy, Integrative Manual Therapy, and other wellness services. Our mission is "to provide outstanding individualized care and hands on approach for patient's physical therapy needs. **Thriveintegrativept.com** or **(540)532-9981**

PSYCHIC MEDIUM

***A psychic medium** is a person who communicates with spirits, relaying messages from the deceased to the living. They use intuitive abilities to perceive energies, offering guidance, comfort, and insight into the spiritual realm.*

Joy Andreasen is a psychic, medium, best-selling author, and spiritual healer and teacher. See her ad on p15. Or check her out at **www.whispersofjoy.net**.

QI GONG / TAI CHI

***Qigong and Tai Chi** are ancient Chinese practices that integrate gentle movements, controlled breathing, and meditation to enhance physical and mental well-being. While qigong emphasizes cultivating internal energy (qi) for health and spiritual growth, tai chi originated as a martial art focusing on balance, flexibility, and self-defense.*

Movementation, Medicinal Movement & Meditation - Empowering people through the teaching and practice of movement and meditation as first medicine. Currently hosting tai chi and qigong classes.

www.movementation.org (540) 450-6061

Activate and Engage Your Healing Potential



Shenandoah Spirit Energy Healing

Janice Williams **ShenandoahSpirit.com**

3052 Valley Ave. | Winchester, VA 22601 | (703) 309-4917

Offering Energy Healing Sessions and Classes
Classes: Integrated Energy Therapy Sessions;
Chakra Based Healing; Reiki Training;
Energy Healing for Animals

**Learn to heal yourself,
your circle
and your pets.**

REFLEXOLOGY

Reflexology is a holistic therapy that applies pressure to specific points on the feet, hands, or ears, believed to correspond with body organs and systems. It aims to reduce stress, improve circulation, and support the body's natural healing processes.

Are you a Reflexologist? Don't miss out on potential clients. Advertise your listing in Holistic Living and reach the people who are searching for your services. For more information, visit us at **HolisticLivingNow.com**

RETAIL, METAPHYSICAL

Local and online shops focused on selling crystals, spiritual books, tarot and divination cards as well as other items related to assisting you in your spiritual practices.

Discover the Magic at **Mountain Mystic Trading Company!** Explore a unique collection of crystals, tarot decks, spiritual tools, handcrafted treasures, and holistic practitioner events galore! **(540) 635-6318 / MountainMystic.org.** 215-B South St., Front Royal, VA 22630. **Facebook @MountainMysticCo / Instagram @mountainmysticcompany.**

SHIATSU

Shiatsu is a Japanese form of body work that involves applying pressure to specific points on the body using the thumbs, fingers, palms or elbows. It stimulates and balances Qi (vital energy) in the body.

Sophie Swan, Shiatsu Therapist, **(571)420-2948**. 149 N. Loudoun St., Winchester, VA. **Increscentshiatsu.com**. Sophie Swan (LMT) studied at Zen Shiatsu Chicago. Her work is a unique blend of Shiatsu and Thai massage techniques. Visit her website to learn more.

SPIRITUAL SELF-ACTUALIZATION COACHING

Spiritual self-actualization coaching guides individuals toward realizing their full potential by integrating spiritual growth and self-discovery. Coaches facilitate deeper connections with one's inner self, fostering purpose, meaning, and alignment with personal values.

Unlock your purpose, align with your higher self, and achieve self-actualization through spiritual coaching. Overcome limiting beliefs, cultivate inner peace, and create an authentic life. To book a session, contact **Jill Marcy at (720)938-0829**

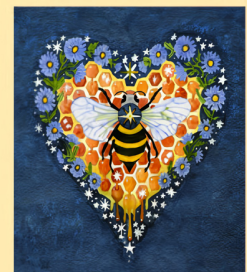
The body knows what to do in a deep rest and digest environment.

Holistic Esthetician and Reflexologist Ruby, will engage all the senses using multiple modalities; including massage, gua sha, facial reflexology, tuning forks, and sound bowls.

Using only the highest quality botanical products on your skin, created exclusively for Bee Sacred Wellness.

EXPERIENCE
DEEP RELAXATION
AND PEACE

Bee Sacred



Wellness

To schedule an appointment, please text **540-540-6498** or email **rubywellness12@gmail.com**
130 Peyton St., Winchester, VA

SPIRITUAL CENTER

*A **spiritual center** is a facility offering integrative services that nurture physical, emotional, mental and spiritual well-being. It provides diverse practices such as meditation, energy healing, and counseling to promote balance and personal growth.*

A gathering of Holistic Healing Arts Professionals passionate about restoring vitality, health and joy for those seeking support. We provide individual and group learning opportunities that empower clients to lead balanced lives through a variety of healing modalities. Our current offerings include Acupuncture, Aromatherapy, Ayurvedic consultations, Biomagnetics, CranioSacral, Cupping & Hot Stone therapies, Drum Circles, Energy Balancing, Herbal Medicine, Homeopathy, Massage, Meditation, Music Therapy, Nutrition, Reiki, Somatics, Tai Chi, Women's Circles, Yoga. We welcome new practitioners. Since 2017. See ad p.2. **SanctuaryBerryville.com.**

YOGA

***Yoga** is a system of physical, mental and spiritual practices that originated in ancient India. It aims to unite the body, mind and spirit through various techniques, such as poses, breathing exercises and meditation.*

Are you a Yoga Instructor? Don't miss out on potential clients. Advertise your listing in Holistic Living and reach the people who are searching for your services. For more information, visit us at **HolisticLivingNow.com**

Offering private yoga therapy sessions, servicing the Shenandoah Valley, Loudoun & parts of WV. For more information or to book, visit our website - **www.deeprootsyogava.com**, email: **deeprootsyogainfo@gmail.com** (571)265-9673.

Meridian-style yoga combines the principles of Chinese medicine with gentle, supportive stretches & poses. Each class is designed to harmonize energy flow, promote strength, balance & nurture both body & spirit. **Mandy Loy, Meridian Yoga Practitioner**, **mandyloyyoga@gmail.com** (540)327-6833

Announce your yoga classes in Holistic Living. Go to our website for more information: **HolisticLivingNow.com**



Established in 2009

**Offering holistic full-scope midwifery care
with community midwives:
Aimee Akers, APRN-CNM, IBCLC &
Desiree Cripps, LM-CPM, RN**

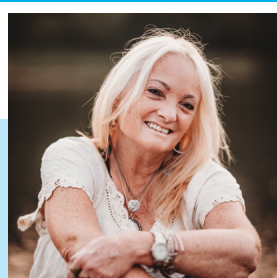
Homebirth | Waterbirth | Birth Center Birth |
Nutrition Support for Women's Health
Lactation Consultation | Holistic Gynecology

(540) 212-4142 | ten-moons.com



Spring in the Shenandoah Valley - Andy Guest Park, Bentonville, VA

Tammy Batcha / Holistic Living



Whispers of Joy

*Psychic Medium,
Spiritual Consultant,
Healer, Teacher
and Author*

Joy Andreassen

Sessions by appointment only via online scheduler.



For more information
or to make an appointment
please visit my website.

www.WhispersofJoy.net

124 Hidden Valley Lane

Winchester, VA 22603

(540) 336-3895

joy@whispersofjoy.net

WWW.WhispersofJoy.net

Capricorn Esthetic Studio

Providing conscious beauty from the inside out.

Kourtne Bodmer, LE

Owner Esthetician & Eminence Provider



Gwen Keiter, LE

540-313-2675

20 E. Piccadilly Street, Suite 17, Winchester

capricornintuitiveservices@gmail.com

capricorn-intuitive-services.skincaretherapy.net

Find Your Eminence
Natural Skin Care Solution



ÉMINENCE
ORGANIC SKIN CARE
HUNGARY • SINCE 1958

<https://eminenceorganics.com/spalink/Q0FQMDA5>

ZERO BALANCING

Zero Balancing is a manual therapy that integrates principles from osteopathy, Chinese medicine and Structural Integration. It focuses on balancing the body's energy and structure by applying gentle manual pressure to bones and joints, aiming to improve physical and mental well-being.

I offer Zero Balancing, a gentle hands-on therapy that works through the bones to balance the body structure and energy. Using light and skilled touch, sessions promote deep relaxation, release tension, and create a profound sense of grounded wholeness and flow.

jenuinebodywork.com

Calling All Artists:

Get your design on our front cover. Submit your entry for the **front cover contest** for the upcoming fall issue of Holistic Living Directory.

Theme: Living holistically in The Shenandoah Valley

Format: Images in .jpg / .jpeg
Size: 8.75 x 11.25

– Contest Deadline –

Send in your entries by **Aug 25, 2025**, using the email address below. We shall not be considering entries via any other mode of communication.

We'll be announcing the results on **Sept 8, 2025**.
One winning entry will get: Published on the cover of bi-annual directory with artist promotion | A copy of the directory, once published | \$100.00 cash

No fee to enter
Up to 3 entries allowed per participant
Send entry to: tammybatcha@gmail.com

Take an Active Role in Your Wellness Goals with Therapeutic Massage.

A massage therapist for 25 years, I specialize in providing each client with a personalized approach to relieving stress and pain relief offering myoskeletal, lymphatic drainage and the Stephenson Method.



Healing Lane
massage & yoga

Contact Gwen Lane for more information:
20 East Piccadilly Street, Suite 2, Winchester,
VA 540-532-1140 | HealingLane.Com

Holistic Brand Photography

In this very noisy world of ours, it can be difficult to reach the people you most want to work with, but I can help you with that!

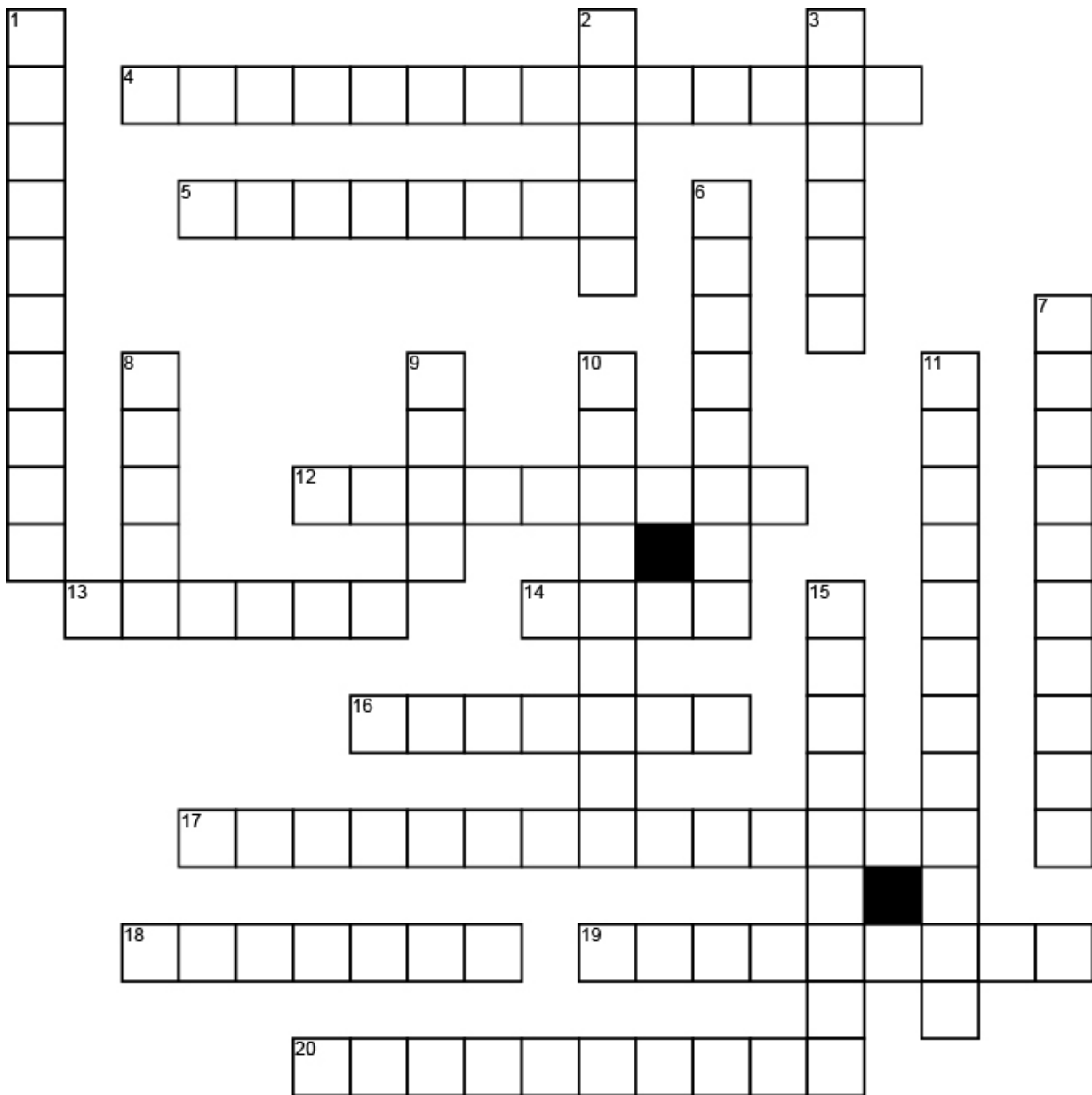
Hi! I'm Tammy Batcha,
a holistic brands photographer
in the Shenandoah Valley.

The work you do is
vital. Let's make it easier
for people to find you
and for you to find the
people you most want
to serve.

TammyBatcha.com
TammyBatcha@gmail.com
(540) 550-1971



Crossword Puzzle



ACROSS:

4. A way of life that prioritizes the interconnect-
edness of body, mind and spirit
5. Harmonize the living space
12. Zero
13. Spirit communication
14. Next issue release
16. For labor and delivery, call the
17. Transformation Station
18. Form of body work
19. Using plants for medicinal purposes
20. Interpreting numerical patterns

DOWN:

1. Mindfulness
2. Cerebrospinal
3. Channel
6. Qi cultivates this type of energy
7. Wernecke analysis
8. Body
10. Breastfeeding
11. Type of care for misaligned joints along the spine
15. Berryville Wellness Center

See answers on p. 19.

ADVERTISER INDEX

Please support all the businesses within the directory and let them know you saw their ad in Holistic Living. Look for the next edition of Holistic Living in the fall.

The Sanctuary Wellness Center. 2

Pebble in a Pond Holistic Healing. 4

Touch of Wellness. 4

Dr Joelle Cafaro. 5

Berryville Family Chiropractic. 6

Lavish Wellness. 7

Bliss Zone Energy Medicine. 8

Sage Center for Women’s Health. 9

Mountain Mystic Trading Company. 10

RayZen Energy. 11

Shenandoah Spirit Energy Healing. 12

Bee Sacred Wellness. 13

Ten Moons Midwifery. 14

Whispers of Joy. 15

Capricorn Esthetic Studio. 15

Healing Lane Massage and Yoga. 16

Holistic Brand Photography. 16

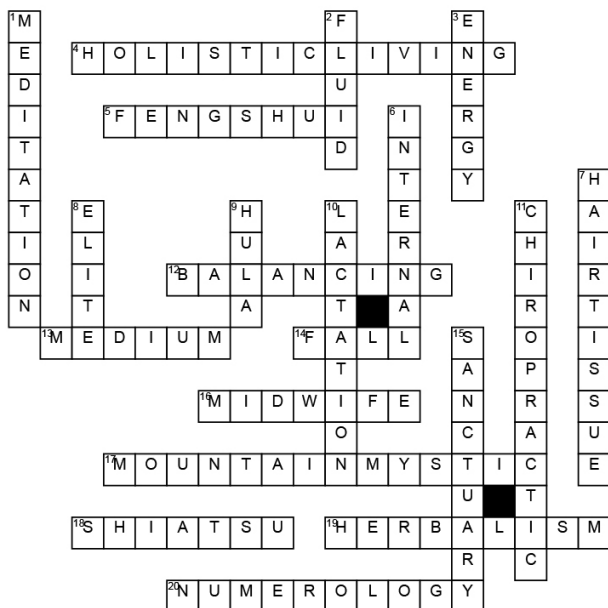
Health & Harmony Health Coaching. 19

Body Elite Wellness Center. 20





Tammy Batcha / Holistic Living



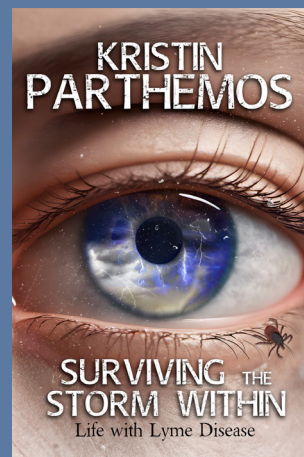
Health Coaching for mind, body, and spirit.

www.healthandharmonyhc.com | info@healthandharmonyhc.com



Kristin Parthemos
Health Coach & Author

Health & Harmony provides holistic health coaching. As a guide and healthcare partner, we specialize in helping clients implement sustainable lifestyle changes in the areas of: managing complex diets/ food allergies/MCAS, navigating mold/mold illness, deconditioning/movement, chronic illness, inflammation, and self care goals.



As mysterious symptoms begin to plague her while on her honeymoon and grow in intensity, she is forced to strike out on a journey of desperation, intervention, and discovery.

Personal Memoir written by Kristin Parthemos

BODY ELITE WELLNESS CENTER

Beyond Therapy
Restoring Mind, Body and Soul
3052 Valley Ave., Suite 200
Winchester, VA 22601
Like us on Facebook

bioDENSITY

Kimberly Ahlemann

bioDENSITY Specialist & Certified
Personal Trainer

Bodyelitept@yahoo.com

540-535-7222

Advanced therapy to increase
bone density, build strength, im-
prove movement, reduce cardiac
risk & improve Type 2 diabetes.

Mandy Loy

bioDENSITY Specialist & Certified
Personal Trainer

540-535-7222

CRANIOSACRAL THERAPY

Jackelyn Brannon, RN

Touch of Wellness
CranioSacral Therapy, Visceral
Manipulation & IonCleanse De-
tox. Treating all ages, specialized
in infants & children.

TouchofWellness.glossgenius.com

Dorian Heather Brown, CST-T

Pebble in a Pond Holistic Healing

CST & SomatoEmotional
Release, Multi-Hands Clinics
www.dorianspebbleinapond.com

HOLISTIC MEDICINE

Dr. Joelle Cafaro

Heal4Real.com

540.324.3254

ENERGY HEALING

Janice Williams

IET Master Instructor, Reiki
Master Teacher, LMT, Advanced
Level Healing Touch, CST
Shenandoahspirit.com

Janice@shenandoahspirit.com

MASSAGE THERAPY

Leah Dick, LMT

The Space Between
Therapeutic Massage &
Bodywork, and Oncology Massage
(540) 323-9868

TheSpaceBetweenLMT@gmail.com

www.MessageBook.com/biz/TheSpaceBetween

Dovanna Zehr Rosenberger

Lavish Wellness LLC
Therapeutic Massage, Pregnancy
Massage, Energy Sessions, Class-
es, Mayan Abdominal Massage &
education.

www.DovannasLavishWellness.com

540-660-5134

MOKIHANA TRADITIONAL HULA

Melissa Mokihana Scalp

Hawai'i graduated teacher/kumu
MokihanaTraditionalHula@gmail.com
Adults and children learn the
history, culture and language of
the indigenous Hawaiian people.

NUTRITION COACHING

Ann McQuinn, RDN, CHC

True Wellness, LLC
Nutrition Coaching & Medical
Nutrition Therapy

540.327.8700

www.truewellness.online

QIGONG

Lyle Wilson, MMQ

Winchester Qigong

540-431-0385

winchesterqigong.com

TAI CHI

Adrian VanKeuren

Tai Chi/Qigong Instructor,
Energy Medicine Practitioner
Tai Chi Healing Energies

www.taichiavk.com

540-931-6507

MoveMentation, Medicinal
Movement & Meditation

www.movementation.org

540-450-6061

YOGA

Mandy Loy

Meridian Yoga Practitioner

mandyloyyoga@gmail.com

540-327-6833