

Volume 1 Issue 2

| Fall & Winter 2025-26

| Complimentary



Holistic Living

A twice-annual directory for the northern Shenandoah Valley.



Holistic Healing Workshop Series



Discover holistic healing and explore your options for caring for your whole self.

Give yourself the gift of self-care.

November 15th
10:00 AM - 3:30 PM

Winchester Country Club
1300 Senseny Rd
Winchester, VA 22602

holistichealingworkshop.com

Lunch & Gifts included

Early Bird: \$97 per person

Sleepy Bird: \$127 per person

After October 31st



Topics

Somatic Experiencing
Soul Coaching
Energy Medicine
Fascia Manipulation
Tai Chi & Qigong

Scan for
Tickets



Sponsor Opportunities Available
anita@BlissZoneEnergyMedicine.com
RubyWellness12@gmail.com



PUBLISHER'S LETTER

Welcome to our second edition of Holistic Living! Our mission is simple: Provide a resource to serve the community that promotes wellbeing and holistic living.

We are well on our way – we've received wonderful encouragement from both advertisers and distributors who have enthusiastically provided their venues, stores, and restaurants as an avenue to get our directories into as many hands as possible. We thank you, along with the individuals who are sharing it with their friends and neighbors. We are now at 75+ points for distribution. If you know someone or someplace that would like to support and educate their clients/customers, please reach out to us.

As we move out of our active seasons of spring/summer we go into a more reflective time of year with fall/winter. We invite you to honor this time with self care. To support those near and dear, it's important to take time for yourself: A hot cup of tea, a walk in nature to breathe in the crisp air, and connecting with a friend or partner are all ways to appreciate what each day brings. May this directory provide you with the support you need during this time.

Please feel free to share ideas and suggestions :)

Wishing you a healthy, happy and abundant holiday season,

Ruby & Tammy

On the cover:

In flight, by Amanda Horn. To learn more about the artist see page 15.



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 has worked in the printing industry for more than 30 years and is the designer of Holistic Living. She also teaches A Course in Miracles, a spiritual path that emphasizes peace and connection. Her desire in creating this publication was to showcase the many healing modalities available in our area and celebrate the vibrant community of practitioners and businesses who make it thrive.

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.

ASTROLOGY

Astrology is a holistic practice that explores the movements and alignments of celestial bodies—the sun, moon, planets, and stars—and how their energies are reflected in human personality, relationships, and life experiences.

Explore what different areas of the world hold for you through astrocartography, locational astrology, or the Soulo Pilgrimage. **Susan Gates** | www.avoidingaverage.com | Susan@avoidingaverage.com

Don't miss out on potential clients. Advertise your listing in Holistic Living. \$45 for 40 words! Visit our website for info.
HolisticLivingNow.com

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. 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

Wellness Tip: Kindness is medicine. A gentle word or action heals both giver and receiver. In every moment, it's a choice that multiplies peace.

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!



Scan to
reach
Dorian!

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



Jackelyn Brannon, RN
Touch of Wellness
Winchester, VA
TouchofWellness.glossgenius.com



Scan to
reach
Jackelyn!

Dorian & Jackelyn are now offering:

- One-on-one sessions, see just one of us.
- Multi-Hands sessions - One client, two therapists, improvements occur more quickly and more deeply.
- Family Sessions - side by side for spouses, mommy/daddy and baby, siblings, etc. - or in separate rooms at the same time. Great for caregivers to receive when bringing a loved one.

CHIROPRACTIC

Lykens Chiropractic (540) 667-7388 LykensChiropractic.com We correct the cause, not symptoms, by restoring spinal and nervous system function. This restores your body's natural ability to heal, prevent and self-regulate. Experience Optimum Health For Your Entire Family.

CLASSES & WORKSHOPS

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**

CLASSES & WORKSHOPS

A COURSE IN MIRACLES Zoom Based Study Group meeting each Wednesday from 7-8:30pm EST. All are welcome to join us. For more information email: tammybatcha@gmail.com

Wellness Tip: Silence isn't empty; it's full of answers. Give yourself a quiet moment.

Psychic development, energy healing, Tarot, Basic Shamanic Practices, and more! Joy Andreasen of Whispers of Joy has a variety of classes on various spiritual practices and divination techniques. Check out all of her classes, workshops and events at www.whispersofjoy.net/events.

Share your class with the community. Visit our website for info. HolisticLivingNow.com

NEW LOCATION!



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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.

- autoimmune
- general health
- gi health
- lyme
- thyroid
- women's health



Dr. Joelle Cafaro
(540) 324-3254



Scan to make appointment.

Heal4Real.Com

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, Info & booking: DoriansPebbleInaPond.com. Give your body tools to heal with CranioSacral Therapy & SomatoEmotional Release. See ad pg. 4.

Jackelyn Brannon, RN, Touch Of Wellness, CranioSacral Therapy, Visceral Manipulation & Ion Cleanse Detox. Treating all ages, specializes in infants and children. (540) 398-6892 Book online at @TouchOfWellness.glossgenius.com

ENERGY HEALING

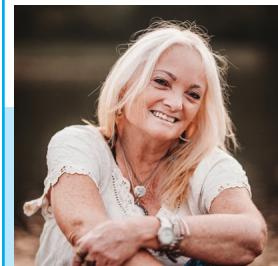
Crystalline Sun Energy. My name is **Christie Kennedy** and I am an Energy Healer/Light Language Practitioner in Winchester, VA. I channel your guides to: Clear blocks, release negative belief patterns, ancestral healing, clear traumatic past lives. To book a session go to CrystallineSunEnergyHealing.com.

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 pg. 7.

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 page 17.



Whispers of Joy

Psychic Medium,
Spiritual Consultant,
Healer, Teacher
and Author

Joy Andreasen

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

ENERGY HEALING

Joy Andreasen of **Whispers of Joy** is a Usui Holy Fire Reiki Master Teacher, and Shamanic Practitioner. She uses her expertise in a variety of energy healing techniques to realign you with a sense of well-being. www.whispersofjoy.net Check out her classes, workshop and events at www.whispersofjoy.net/events.

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** I bring you into a deep state of relaxation to bring flow and balance to the body through holistic facials, using qua sha, lymphatic drainage and facial reflexology. Schedule with Ruby **(540)550-6498** rubywellness12@gmail.com See ad pg. 23.

EVENTS

HOLISTIC HEALING WORKSHOP

Curious about the different ways to heal your mind, body, and spirit? Join us to explore and experience a variety of holistic practices led by caring teachers and practitioners. You'll have the chance to connect with others, learn new techniques, and take home simple tools you can use every day. See our ad on page 2 for details. Holistichealingworkshop.com

EVENTS

Join us at **Ravenwood Faire!** A family friendly medieval celebration filled with entertainment, vendors, food/drink, your adventure awaits! Don't miss the magic - get your tickets today at: <https://ravenwoodfaire.us>. Questions? Email us at: info@ravenwoodfoundation.org. HUZZAH!

Wellness Tip: Movement doesn't have to mean a full workout—it can be gentle, joyful, and simple. Stretch while your tea steeps, take a five-minute walk outside, or dance to a favorite song. Regular movement relieves tension, boosts circulation, and lifts your mood. When you see it as a chance to reconnect with your body rather than "exercise," it becomes sustainable. Little bursts of movement sprinkled throughout your day create energy, ease, and a deeper sense of well-being.

Activate and Engage Your Healing Potential



Shenandoah Spirit Energy Healing

Janice Williams ShenandoahSpirit.com

Hands-on and remote sessions. (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.

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.

Peace and Plenty Feng Shui. By making deliberate changes in your space, you can transform your career, health, prosperity, creativity, and relationships. Certifications in Feng Shui, Building Biology, and interior design. Space clearing services. **Sandra Ritenour.** Text/call **540-539-4922.** Email sandraritenour@gmail.com

Mindful Minute: Pick one object nearby. Notice its shape, color, and texture. Let your attention rest there, just for sixty seconds.

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.



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.

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

Reach a community that values natural health, spiritual growth, and mindful living. Our print and online directory connects your business with people seeking holistic services, products, and events—expanding your visibility and strengthening your local presence.

HolisticLivingNow.com

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Transform Through Travel

Astrology ✦ Astrocartography ✦ Coaching
Transformative Travel

Intuitive coaching and astrocartography to help you align with your purpose and embody your most empowered life.

www.Avoiding-Average.com

SUSAN GATES

soulcoachsusan@gmail.com
+1 571 295 7011

HOLISTIC 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.

Grace Midwifery, Holy Yoga Shenandoah Valley, and Blessing God's Way provide Christ-centered support for women from maidenhood to motherhood and beyond. We offer holistic birth services, faith-based yoga, spiritual growth, and community rooted in God's design. Contact: doran@blessinggodsway.com | **540-295-2186**

Wellness Tip: In these colder months ahead, support immunity with warm teas, nourishing soups, daily movement, and rest. Stay hydrated, bundle up, and let seasonal rhythms guide gentle self-care.

HOLISTIC HEALTH & WELLNESS

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 pg 5.

Wellness Tip: Better sleep starts with dim lights, quiet moments, and letting today be enough.

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! wernekewellness@gmail.com **(540)539-1221**



**LYKENS
CHIROPRACTIC, INC.**

Optimum Health For Your Entire Family

At Lykens Chiropractic, we correct the cause, not symptoms, by restoring spinal and nervous system function. This restores your body's natural ability to heal, prevent and self-regulate. Experience Optimum Health For Your Entire Family!

At **Lykens Chiropractic**, we believe health is about more than just getting by-- it's about thriving. Whether you're dealing with discomfort or simply want to optimize your well-being, our team focuses on addressing the root causes of dis-ease, not just symptoms.

Our services are designed to support your whole-body wellness journey:

❖ Chiropractic Adjustments ❖ Therapeutic Massage ❖ Clinical-Grade Infrared Sauna Sessions ❖ Ayurveda and Reiki



650 Cedar Creek Grade #207
Winchester, VA



(540) 667-7388



lykenschiropractic.com

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 Giordano, M.Sc., RH(AHG) Work with a skilled clinical herbalist trained to work in partnership with conventional medicine to support your unique health needs. Geo combines deep expertise with compassionate care. Call **(410)707-4486**.

Put your business where wellness seekers are already looking. Our trusted directory highlights holistic services, products, and events—online and in print. Gain new clients, boost visibility, and join a vibrant community that celebrates mindful, healthy living. **HolisticLivingNow.com**

HOlistic ANIMAL CARE

Holistic animal care supports the health and well-being of animals by considering the whole being, rather than symptoms alone. It emphasizes prevention, balance, and harmony, addressing nutrition, environment, emotional needs, and lifestyle alongside conventional veterinary care.

Rich Emery, Soul Shine Equine, Equine Structural Integration Practitioner, IET Certified. Balanced Bodies, Happy Animals. Serving the Northern Shenandoah Valley with fascia-based care for horses and other animals: restoring alignment, easing movement, supporting well-being, comfort and connection, naturally. **540-664-6842** **richem67543@gmail.com**

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.

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 page 17.

Wellness Tip: One deep breath can reset your whole nervous system—pause and try it now.

Blessing God's Way

MAIDENHOOD - MATERNITY - MENOPAUSE

For more than two decades, we've been dedicated to serving women. Our ministry's mission is to enlighten, uplift, and motivate women of every generation to deepen their connection with God by understanding our phases and cycles, recognizing them as divine blessings. Join us on social media to connect and stay updated.



www.gracemidwifery.com



www.blessinggodsway.com



www.holyyogasv.com

Building community and connection through women's health & wellness.

HOLISTIC MEDICINE

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 pg. 8. **RayZenEnergy.Com**

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.

HUMAN DESIGN

Human Design is a system of self-discovery that blends astrology, the I Ching, the chakra system, and modern science to reveal your unique energetic blueprint, guiding you toward greater alignment, purpose, and authentic living.

Libby Hoffmann - Moderne Homemaker is a Human Design System expert, author and holistic birth doula. She provides deeply personalized Human Design Readings that bring clarity and confidence, so you can embrace your individuality, release doubt, and work in harmony with your natural energy. Connect at modernehomemaker.com

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.

New moms are looking for support—and we had no lactation consultant to list. Don't miss the chance to connect with families right when they need you most. **HolisticLivingNow.com** helps put your care within easy reach.

Experience expert, compassionate care with **Dovanna Zehr Rosenberger, LMT, BCTMB** - specializing in pain relief, stress reduction, pregnancy support, and abdominal wellness. Offering massage therapy, energy work, and holistic education. Lavish Wellness, LLC. www.DovannasLavishWellness.com **540-660-5134** See ad page 12.

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:
2 South Kent Street, Winchester VA
540-532-1140 | HealingLane.Com

MASSAGE THERAPY

LAUGHING BUDDHA BODYWORK, Alan Arnett, MFA BCTMB, (540) 664-1380, newly located at **124 Amherst Street, (2nd Floor.), Winchester, VA 22601.** Integrating hot stone therapy, myofascial release, deep tissue work, and mobilizations. Alan has begun his ninth year of service to clients near downtown Winchester. Book him by text or laughingbuddhabodywork.com. See ad page 5.

Lykens Chiropractic (540) 667-7388 LykensChiropractic.com We have multiple providers with a professional depth of techniques: Deep Tissue, Shiatsu, Craniosacral, Pre-Natal, Myofascial, Oncology, Trigger Point, Hot/Salt Stone, Reiki. New to massage? Experience our clinical expertise, delivered in a calm spa-like setting.

Bill Giordano, LMT, ABMP - Experience intuitive, soul-centered bodywork that integrates massage, energy healing, and structural alignment. Over 30 years of experience helping clients release pain and restore vitality. **Call (215) 696-9091** giordano1@gmail.com

Looking for the right massage therapist? Start here—our directory connects you with a community of trusted local professionals, each offering unique skills and specialities to support your relaxation, healing and overall well-being. Tell them you found them here!

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, 2 S. Kent St., Winchester, VA 22601, 540-532-1140** www.healinglane.com. See ad pg. 11.

MASSAGE THERAPY

Brenda J. Whatley, 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.

Wellness Tip: Stay hydrated in a mindful way. Instead of rushing through your day with coffee or soda, keep fresh water nearby and sip regularly. Add a slice of lemon, cucumber, or fresh herbs for flavor and added nutrients. Hydration supports digestion, energy, mental clarity, and even mood. Think of it as simple self-care—each glass is a gift to your body. Small, steady choices like this nourish long-term health and keep you feeling balanced.



Lavish
WELLNESS

Become Lavishly Whole.
Your Journey Starts Here.

Dovanna Zehr Rosenberger,
Licensed and Board Certified Massage Therapist

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
www.DovannasLavishWellness.com
dovannaslavishwellness@gmail.com
540-660-5134

MEDITATION & MINDFULNESS

Meditation and mindfulness are practices that quiet the mind and anchor awareness in the present moment. They support stress reduction, clarity, and spiritual growth, while fostering inner peace and compassion. Approaches range from breathwork and guided meditation to contemplative study and prayer.

A Course in Miracles. Explore meditation and mindfulness through the study of A Course in Miracles. Weekly Zoom classes meet Wednesdays, 7–8:30pm, offering guidance, reflection, and community. Discover peace of mind and spiritual clarity. Email tammybatcha@gmail.com for more information.

Wellness Tip: Take a few minutes each day to pause and breathe deeply. Slow, steady breaths calm the nervous system, lower stress, and bring you back to the present moment. Try inhaling for a count of four, holding for four, exhaling for six, and pausing briefly before the next inhale. Even two or three rounds can shift your mood, increase clarity, and help you feel more grounded. Small daily practices like this create lasting balance and resilience.

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.

This category offers a unique opportunity for practitioners to connect with families seeking holistic birth support. Advertise here to make your services visible and accessible to the community that values family-centered, holistic birth care.

MINERAL BALANCING

A mineral balancing practitioner is a wellness professional who uses Hair Tissue Mineral Analysis (HTMA) to design personalized plans that correct mineral imbalances and remove heavy metal toxicity.

Offering hair analysis (HTMA) and a mineral balancing program specifically designed to support your healthy choices and reduce stress by balancing your body's biochemistry. Available from Mineral Balancing Practitioner **Gretchen Anderson** of **Journeys Ahead Health Coaching**. Contact: journeysaheadhealth-coaching@gmail.com Journeys-ahead.com (571) 283-9204

THE LETTER S:

New Beginnings, Positive Energy and Wealth.



Visit Gallery One to discover the mysteries of the other letters of the alphabet.

185 MILLWOOD Avenue, Winchester.

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

Wellness Tip: Notice your posture. Sit tall, breathe deeply, and feel energy flow freely.

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.

Wellness Tip: Drink water like it's medicine—because for your body, it truly is.

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

Turn Natural Health Into Natural Growth for Your Practice.



Unlock Wellness with Acumullit SA® Technology

It's Nutrition with Negative Ions.

Let's talk about how we add value to clients and growth for you with nutraceutical health lozenges.



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Evette Delphine Smith
Health Wellness Coach
evettedelphine@gmail.com
916-705-0600

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THE ARTIST BEHIND THE COVER

In Flight, By Amanda Horn



Amanda Horn / Featured Artist

Amanda Horn has been an artist—at least in spirit and imagination—for as long as she can remember. Growing up in rural Ohio, she learned early the value of creativity with purpose. Gardening was central to her childhood: it brought beauty and joy, but also nourished families. That

lesson—how creativity can both inspire and sustain—became a core value that has shaped her life and work.

Her journey led her to Chicago, where she immersed herself in art education and city life, before eventually returning to her roots to build a family, a home, and a life full of love, children, and pets. For a time, Horn felt pulled away from her artistic practice. In truth, she was gathering experiences that have since fueled a deeper passion and perspective in her art. Now, back in the studio, she creates with a matured vision shaped by motherhood, partnership, and the everyday beauty of life's simple moments.

Her ideas often begin with fleeting thoughts—usually sparked by playful conversations with her two boys. Her current series, Travelers, grew from a long-running illustration project featuring three mischievous mice in whimsical home settings. One crisp morning last fall, her son teased her about her messy bun, joking that a mouse could be napping inside it. That silly remark blossomed into an entire collection, rooted in imagination and adventure.

What Horn hopes viewers find in her work is simple: a story, a spark of joy, a reminder of their own memories. Her art is an invitation to smile, to connect, and to see themselves reflected in the narratives she creates. At heart, she sees herself as both an artist and a storyteller—an observer of life's many chapters who seeks to translate them into visual form.

Today, Horn continues her ambition to garden and provide food for her family's table. She forages for mushrooms and medicinal herbs, finding beauty in what nature so freely offers. Much of her time, however, is spent in the studio, standing before a canvas and waiting for the story within it to come alive. She draws

deep inspiration from O'Keeffe, Kahlo, and Renoir, as well as the timeless elegance of antique botanical illustrations. She also follows a wide circle of emerging artists whose stories move and inspire her daily.

Horn's work can be found in galleries throughout the Shenandoah Valley and on her website. Social media allows her to keep viewers connected and up to date on works in progress, upcoming shows, and new projects. www.ArtByAmandaHorn.com

Facebook & Instagram: [ArtByAmandaHorn](https://www.facebook.com/ArtByAmandaHorn)
artbyamandahorn@gmail.com



From disturbance to Peace

A practice based on the teachings
from A Course in Miracles

Notice it. Name what you're feeling.
Loosen your grip. Admit your view may be narrow.
Hand it over. Place it into the Holy Spirit's care.
Feel the release. Notice the calm when you set it down.
Let peace lead. Ask: "What would peace have me do?"

Always invite peace first. Any action that follows will extend healing, not division.



Want to study and practice this in community?

Join our A Course in Miracles study group
weekly on Zoom. Wednesday's from 7-8:30pm
Email for more information: tammybatcha@gmail.com

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.

bioDensity is an advanced exercise-based therapy. It is an effective health and wellness product - studies show it can build strength, increase bone density, improve functional movement, reduce cardiac risk and improve Type 2 diabetes. **Bodyelitept@yahoo.com (540)535-7222**

Haiku Invitation: If your community were a tree, what kind would it be? Write a haiku—three lines, seventeen syllables, endless imagination.



Learn the history, culture and language of the indigenous Hawaiian people.

Enhance your physical, intellectual and spiritual health through the art of traditional hula.

Classes for adults & children, as well as programs for any occasion.

MokihanaTraditionalHula@gmail.com
Text (571) 338-8864

PRODUCTS FOR WELLNESS

A wide range of items created to support overall health and well-being, including supplements, nutrition, personal care, fitness, exercise, sleep and relaxation, as well as tools for mental, emotional, and spiritual balance.

Got pain? Feel better without medicine. If you're looking for more energy, better sleep, mental clarity, hormone support, detoxing, muscle/bone density, and better skin integrity, and how to reverse aging, ask me how. **Call or text Bobbie: (301) 648-6274 (msg)**

Community Gratitude Corner: This space celebrates gratitude—what's one thing you love about our community? Take a moment to tell a friend, a neighbor, or a local business. Sharing it aloud makes the circle of appreciation grow.

BERRYVILLE **family** CHIROPRACTIC

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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

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 pg. 6 and check her out at www.whispersofjoy.net.

Holistic Living is created for our community, and we'd love your input. What topics, practices, or resources would you like to see featured? Share your ideas and help shape future issues with us. Get in touch and provide feedback by visiting HolisticLivingNow.com.

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.

Adrian VanKeuren 3052 Valley Ave., Ste 200, Winchester, VA 22601 | **540450-6061**
Email: adrian.vankeuren@movementation.org

MoveMentation 501(c)(3) nonprofit - Empowering people through the teaching and practice of movement as first medicine. Offering tai chi and qigong movement classes and workshops. www.MoveMentation.org **(540) 450-6061**

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 . . .



"... 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.

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**ANITA L. SCHILL,
PHD, EEM-AP**

Certified Eden
Energy Medicine
Advanced Practitioner

SCAN THIS CODE TO
SCHEDULE YOUR
APPOINTMENT

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.

Ruby of **Bee Sacred Wellness** is a certified reflexologist with 30 years experience. Bring the body back to balance, regulate the nervous system, improve circulation and overall flow to the body to release pain and tension. Call or text Ruby to schedule **(540) 550-6498** See ad page 23.

Haiku Challenge: What does wellness mean to you in this season? Answer in haiku: 5 syllables / 7 syllables / 5 syllables.

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.

Mountain Mystic Trading Company - A Shenandoah Valley Transformation Station. Explore a unique collection of crystals and gemstones, unique local art, incense and aroma oils, sterling silver jewelry, and oracle decks. **(540) 635-6318**, 215-B South St., Front Royal, VA 22630. MountainMysticCompany.org.

Seasonal Recipe Snippet: Try this simple winter tea: simmer sliced ginger and lemon in hot water for 10 minutes, add honey, and sip slowly. It warms, soothes, and supports immunity through the cold months.

MAKE YOUR SOUL AT HOME

Human Design Readings with Libby Hoffmann - Moderne Homemaker

Find Out More... modernehomemaker.com/nurture-your-soul

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breatheout4life@gmail.com
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RETREAT RENTALS

A retreat rental space is a venue available for short-term use, designed to host gatherings, workshops, or personal getaways. Typically located in peaceful or natural surroundings, these spaces provide an environment that fosters rest, reflection, creativity, and connection.

Eleanor Dare, Nags Head. Oceanfront retreat with eight en-suite bedrooms, elevator, theater, game room, private heated pool, hot tub, and cabana service. Perfect for gatherings, families, or workshops seeking luxury and inspiration by the sea. Visit www.eleanordareobx.com.

Poetry Corner: In every season, our community blooms—voices rising, hands helping, hearts weaving threads of care and connection. Here, wellness is not just practice, it's a way of living—together.

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.

Wellness Tip: Stay hydrated mindfully. Keep fresh water nearby and sip often. Add lemon, or herbs for flavor. Hydration boosts energy, clarity, mood, and digestion—simple self-care that nourishes long-term health.

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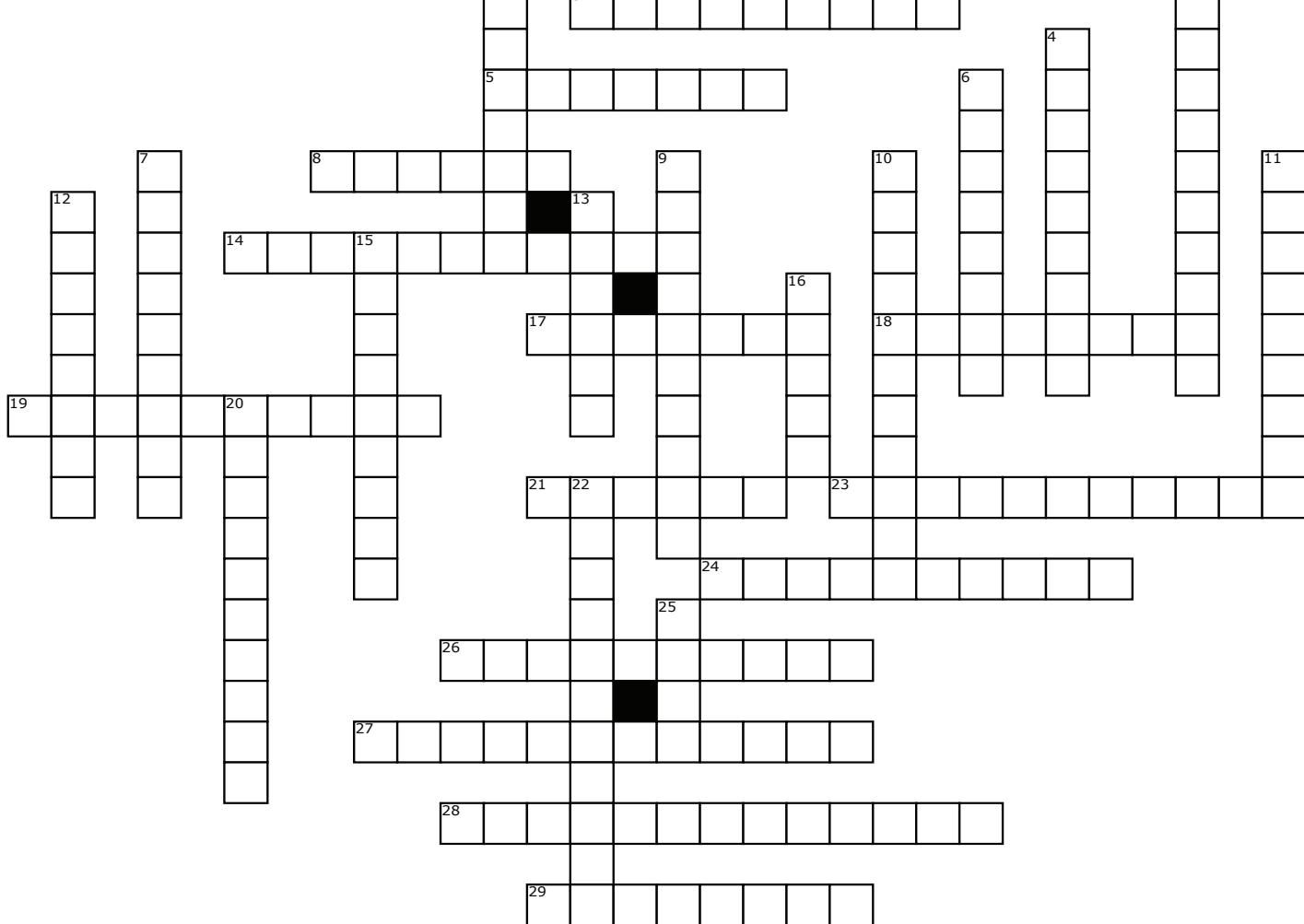
- Release restrictions in fascia (the body's connective tissue)
- Improve flexibility and performance
- Support overall well-being

Rich Emery
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IET Certified

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richem67543@gmail.com

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Crossword Puzzle



ACROSS:

3. Nourishing dietary approach focusing on whole, unprocessed foods
5. Gentle Japanese bodywork applying pressure with thumbs and palms
8. Natural way to boost immunity in colder months: drink ___ teas
14. Study blending astrology, I Ching, chakras, and modern science
17. Simple movement advice: notice your ___ when sitting
18. Ancient Chinese practice that harmonizes individuals with their environment by balancing Qi
19. Quieting the mind and anchoring awareness in the present
21. Seasonal wellness tip: one deep ___ resets your nervous system
23. Holistic therapy applying pressure to points on feet, hands, or ears
24. A wellness coach helps create healthier
26. Symbolic study that assigns meaning to numbers
27. Gentle, hands-on approach balancing cerebrospinal fluid between skull and sacrum
28. Practice balancing energy and structure with gentle pressure on bones
29. Ancient Indian healing system using diet, lifestyle and balance

DOWN:

1. Complementary medicine treating misaligned joints, especially the spine
2. Hands-on therapy relieving stress and supporting healing of muscles and tissues
4. Practice of using plants and extracts for medicinal purposes
6. Kindness is ___
7. Healthcare professional guiding breastfeeding mothers
9. Field addressing nutrition, environment, and lifestyle to find root causes
10. Practice of self-care through awareness of breath, body and thoughts.
11. Support and guidance for women during pregnancy and birth
12. Holistic field emphasizing connection of physical, mental, emotional, and spiritual health
13. Ancient practices of movement and breath cultivating internal energy
15. Holistic practice interpreting the movements of sun, moon and stars
16. Energy-based healing channeling universal life force
20. Holistic approach supporting animals health and well-being
22. Therapy applying pressure to restore balance and flow in body
25. System of physical, mental and spiritual practices from India

See answers on p. 21

SPIRITUAL SELF-ACTUALIZATION

SPIRITUAL CENTER

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.**

Mini Meditation: Picture yourself at the shoreline, waves rolling in and out. Let your thoughts rise and fall like the tide—present, but passing. Rest in the steady rhythm of the sea.

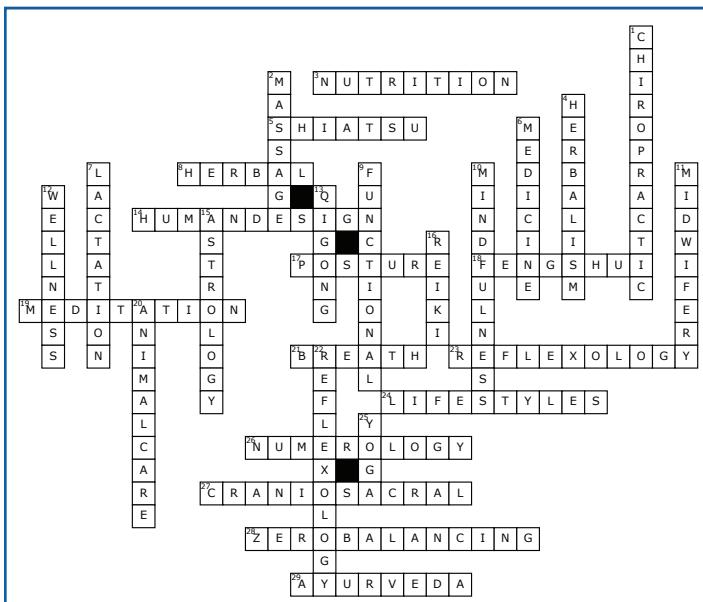
Creating safe, healthy, beautiful spaces



sandra ritenour, bbp
stephens city, virginia
text or call 540-539-4922
sandraritenour@gmail.com

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.

The Sanctuary Wellness Center, 208 Buckmarsh St., Berryville. A gathering of Holistic Arts Professionals passionate about restoring vitality, health and joy. We offer individual sessions and group experiences designed to empower clients to lead more balanced, vibrant lives through a wide range of healing modalities. Current offerings include Acupuncture, Aromatherapy, Ayurvedic consultations, Biomagnetics, CranioSacral Therapy, Crystal Healing, Cupping, Hot Stone Therapy, Drum Circles, Energy Balancing, Herbal Medicine, Homeopathy, Human Design, Integrative Psychiatry, Ionic Foot Baths, Massage, Meditation, Music Therapy, Nutrition, Oracle Readings, Reiki, Somatics, Tai Chi, Women's Circles, Yoga. We warmly welcome new practitioners. SanctuaryBerryville.com



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WELLNESS COACHING

A wellness coach helps individuals create healthier lifestyles. Wellness coaches guide clients in areas such as nutrition, stress management, fitness, self-care, and mindset—offering accountability, encouragement, and strategies to build lasting balance, vitality, and personal well-being.

ItsApriority4u.com | Guidance with a holistic individual approach towards your lifestyle choice. Enjoy whole food consumption and whole food nutrition; hydration; daily accountability for habits/choices while enjoying physical body movement. Embrace your journey with ItsApriority4u. Supporting your wellness transformation. **(916)705-0600** | **Evette@ItsApriority4u.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.

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

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, [\(540\)327-6833](mailto:mandyloyyoga@gmail.com)**

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.

Jen Jacob, CZB offers Zero Balancing & Somatic Healing - connecting heart to bone - to restore balance, ease tension and support nervous system regulation. Many experience less discomfort and greater ease. **Call (757) 814-4053**

Mini Meditation: Close your eyes and picture winter gently giving way to spring. See buds pushing through the soil, sunlight growing warmer, new life unfolding. Breathe it in, and carry this promise until we meet again in the early spring. HolisticLivingNow.Com ♥

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

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The Sanctuary offers massage, herbal consults, energy work, yoga, and more—each practitioner committed to your wellness.



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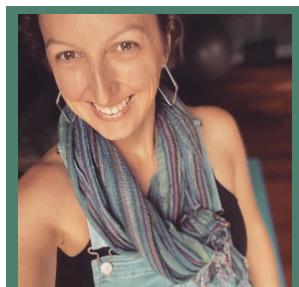
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