

Volume 2 • Issue 1 | Spring & Summer 2026 | Complimentary



Holistic Living

A twice-annual directory for the northern Shenandoah Valley.





Give your body the tools to heal

Find physical and emotional balance

See one of us - See all of us!

Individual sessions

Multi-therapist sessions

Family sessions

Mommy/Baby sessions

Daily rental of classroom and visiting therapist room

Blue Ridge Professional Center

2654 Valley Ave, Winchester



Touch of Wellness



Touch of Wellness

Jackelyn Brannon, RN

CranioSacral Therapy
and Visceral Manipulation
Specializing in Newborns & Children
IonCleanse Detox
TouchOfWellness.glossgenius.com



Pebble in a Pond

Dorian Heather Brown, CST-T

CranioSacral Therapy
CST Study Groups
Specializing in Longevity Treatment
and Complex Medical History
DoriansPebbleinaPond.com



Lavish Wellness

Dovanna Zehr Rosenberger, LMT

Energy Medicine Massage Sessions
Abdominal Therapy Treatments & Education
Prenatal/Postpartum Sessions
Remote Energy Sessions
DovannasLavishWellness.com



PUBLISHER'S LETTER

Welcome to our 3rd edition of Holistic Living. We have coordinated our release of the editions in harmony with the rhythms of nature, aligning our dates with the Equinoxes. This year the spring equinox falls on March 20, which marks the moment the sun is directly over the equator offering equal light and dark - a powerful reminder of balance.

This season carries a rare and dynamic energy. With significant planetary movement in 2026, many are feeling a sense of acceleration - as though life is asking us to grow, evolve and move forward with clarity and intention. In times of quickened change, maintaining a clear mind and grounded presence becomes essential.

Spring is a sacred threshold - a time of renewal, rebirth, and fresh possibility. As we emerge from the introspective fall and winter months, we are invited to step forward with purpose.

It is our heartfelt intention with this directory to strengthen the bonds within our community - to highlight the compassionate practitioners, conscious businesses and the creative local artists who grace our covers and enrich our lives. When we unite in a shared vision of well-being, we all flourish - physically, mentally, emotionally, and spiritually.

May this edition inspire connection, growth, and vibrant health for us all.

Ruby & Tammy

On the cover:

Poppies,
by Susan Clute.
To learn more
about the artist
see page 18.



Holistic Living

A twice-annual directory
for the Northern Shenandoah Valley

Spring/Summer 2026

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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.

ACUPUNCTURE

Acupuncture is a practice within Traditional Chinese Medicine (TCM) based on the idea that vital energy, or qi (pronounced "chi"), flows through pathways called meridians. By stimulating specific points along these meridians, acupuncture helps restore balance, improve the flow of qi, and support overall physical, emotional, and spiritual well-being.

Restore balance and feel your best with acupuncture from **Dr. Tawny Banville** with **Pathway to Zen Acupuncture**. Gentle, personalized treatments help relieve pain, reduce stress and support your overall wellness. Schedule today: **www.pathwaytozen.com** or call/text **540-579-2882**. Feel better naturally with compassionate, individualized care for lasting health.

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: Alignment begins with awareness. Notice how you sit, stand, and carry stress. Small adjustments today can prevent bigger problems tomorrow.

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

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.

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

A COURSE IN MIRACLES

A 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: You are not without help. A quiet moment is often all it takes to remember.

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. See ad page 6.

MokihanaTraditionalHula@gmail.com

The Sanctuary Wellness Center, Berryville, VA has weekly and monthly specialty classes at affordable prices.

Visit **www.SanctuaryBerryville.com** to request our monthly newsletter informing current Yoga, Tai Chi, Drum Circles, Holistic Healing classes, etc. See our ad on back page.

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



CELEBRATING
25
YEARS



650 Cedar Creek Grade #207
Winchester, VA



(540) 667-7388



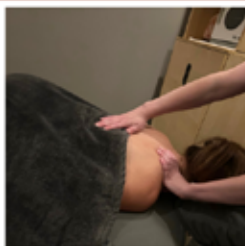
Lykenschiropractic.com

At **Lykens Chiropractic**, we restore your spinal + nervous system function to support your body's natural ability to heal, self-regulate & adapt. Whether you're dealing with discomfort or simply wanting to optimize your well-being, our team focuses on the root cause of dis-ease, not symptoms.

We're here to build a plan that will get you where you want to be

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

Chiropractic Care ◇ Massage Therapy ◇ Shiatsu Massage ◇ Clinical Infrared Sauna



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: **DoriansPebbleIn-aPond.com**. Give your body tools to heal with CranioSacral Therapy & SomatoEmotional Release. See ad pg. 2.

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**

Bill Giordano, LMT, ABMP studied through the Upledger Institute in 1992. He offers the uniquely gentle touch employed in CST as an effective method for clearing physical and emotional blockages as the body's "story" un-winds. **BillGiordanoLMT@gmail.com**
215-696-9091 www.BillGiordano.com

Wellness Tip: Your body is always communicating. Headaches, tension, and fatigue can be a signal that something needs attention. Instead of pushing through, pause and consider what your body might be asking for. Do you need rest, hydration, or simply a moment to move? A few quiet minutes of awareness can change the direction of your whole day.

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.

Wellness Tip: Thoughts carry energy. Notice which ones you're carrying.

Anita L. Schill, PhD, EEM-AP, Energy Medicine Practitioner, WinchesterVA
BlissZoneEnergyMedicine.com
Anita@BlisszoneEnergyMedicine.com.

Anita is a certified Eden Energy Medicine Advanced Practitioner in practice since 2021. For more information, see ad page 21.



Ka'ahupuna

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

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.

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 gifts! Learn to heal yourself, loved ones, and pets. **Janice Williams** offers certification in Integrated Energy Therapy® and Reiki, plus a Chakra Healing Series, transformative retreats, and workshops. Contact janice@shenandoahspirit.com or visit shenandoahspirit.com for details.

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.16.

Wellness Tip: The most lasting beauty is simply being yourself.

ESTHETICS

Capricorn Esthetic Studio, providing conscious beauty from the inside out. **Kourtne Bodmer**, LE owner esthetician & Eminence provide. Find your Eminence Natural Skin Care solution. **540-313-2675**, 20 E. Piccadilly St., Winchester. capricornintuitiveservices@gmail.com, capricorn-intuitive-services.skincaretherapy.net See ads pg. 15 & 23.

EVENTS

MoveMentation's Fun-Raiser Join us on **Saturday, July 11th** at Willow Grove Farm as we dance tai chi next to the lake in celebration of **Adrian's 40th birthday**. Don't miss the fun, fun-raising, and night-time tai chi experience! www.movementation.org for details.

The Ritual Spa

LOCATED INSIDE GEORGE WASHINGTON

Online Booking Website

QR codes for Online Booking and Website

The advertisement for 'The Ritual Spa' features a group of five women in black dresses standing in front of a brick building. Below them are two QR codes labeled 'Online Booking' and 'Website'. The bottom half of the ad shows a close-up of a person's face being treated with a brush and a hand on their shoulder, alongside a view of the spa's interior with a vanity and a mirror.

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 27 for details. Holistichealingworkshop.com

A COURSE IN MIRACLES Interested in exploring practical spirituality and inner peace? Join our **ongoing, weekly study group** as we read and discuss A Course in Miracles and apply its teachings to everyday life. Meeting each Wednesday on Zoom from 7-8:30pm. email tammybatcha@gmail.com for more information.

FASCIA & STRUCTURAL INTEGRATION

Fascia and structural integration therapies are hands-on approaches that work with the body's connective tissue system to support alignment, mobility, and long-term structural health.

Fascia Lines | www.fascia-lines.com

3042 Valley Ave, Winchester VA

Focused on addressing the underlying causes, not just symptom management. Structural integration, corrective exercise, massage therapy, coaching, personal training and more- youth and adults.

Mindful Minute: Hold a cool glass of water. Feel the condensation on your fingers. Take one slow sip. Let it refresh you completely.



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



RELAXATION AWAITS YOU

Therapeutic bodywork
with essential oils, Lymphatic drainage,
the Stephenson Method, Reiki and
anything else the Goddess asks of me!

BRENDA J. WHATLEY

40+ years of therapeutic body work

(832) 425-8103

breatheout4life@gmail.com

Monday thru Saturday



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: Stand at your doorway. Pause. Notice what energy you're bringing in.

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 Physical Therapy & Women's Health at Sage Center for Women's Health

Offering one-on-one appointments
Expert, compassionate, holistic care
Certified in Functional Medicine
Dr. Julie Carestio, PT, DPT, IFMCP
Sara Davis, MS, MPH, PTA, CNS

Local Love: Spend your dollars where you spend your days. Start here.

Mind • Body • Spirit Wellness
150A Creekside Lane • Winchester, VA
Three Independent Practitioners • One Shared Healing Location

 <p><i>The Space Between</i></p>  <p>Leah Dick, LMT • Therapeutic Massage & Bodywork • Nervous System Support</p> <p>MassageBook.com/biz/TheSpaceBetween</p>	 <p><i>Shenandoah Spirit</i></p>  <p>Janice Williams, LMT • Energy Healing • Sessions & Classes • Animal Energy Healing</p> <p>shenandoahspirit.com</p>	 <p><i>Heal 4 Real</i></p>  <p>Dr Joelle Cafaro • Holistic Health • Natural Wellness • Personalized Care</p> <p>Heal4Real.com</p>
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By Appointment Only

HEALTH & WELLNESS

Holistic health & 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.

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

Dr. Joelle Cafaro offers holistic, science-based natural medicine, nutrition, and individualized care. Supporting thyroid, autoimmune, GI, women's and children's health, and other wellness concerns, with a focus on addressing underlying health issues and whole-person approaches. 540.324.3254 | heal4real.com

Compassionate Care Services is a nurse practitioner-led clinic offering personalized, affordable care, including hormone therapy, weight loss support, sexual health treatment, ear acupuncture, and peptide therapy, with longer visits, direct provider access, and convenient telehealth services.

<https://www.compassiontelehealth-np.com>
Email: compassionnphealth@gmail.com
1-724-826-6748

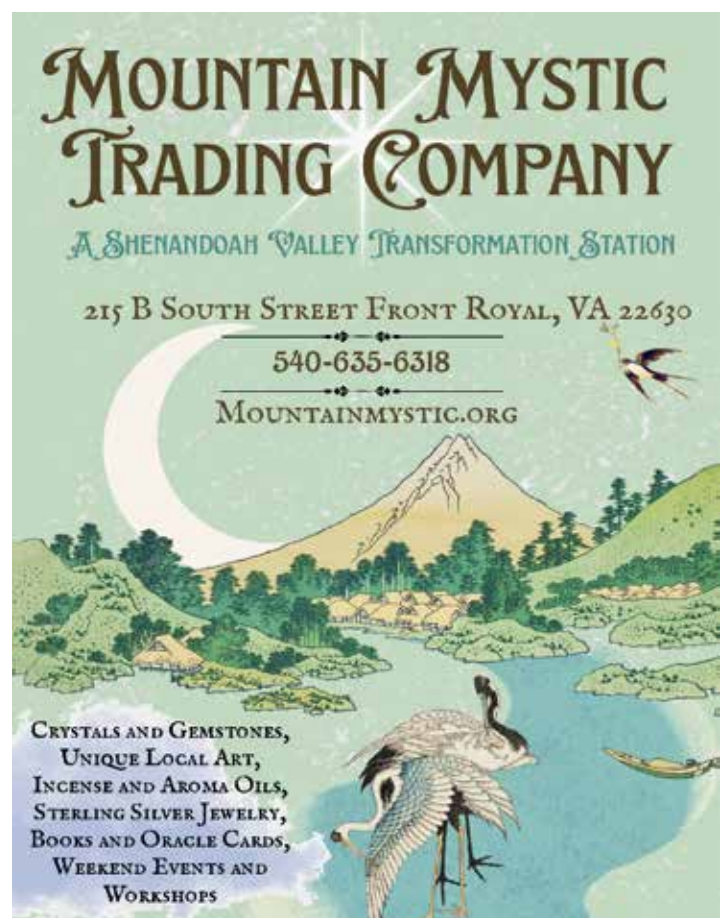
Little Experiment: This week, look for a few small ways to support those around you. Send an encouraging message, leave a kind review, or check in with a neighbor. Notice how offering kindness to another often lifts you as well. Small acts ripple outward. Choose to be the one that makes a difference in someone's day.

HERBALISM

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

Lauren Lee, Clinical Herbalist, Wellness Evolver - Holistic wellness for balancing mind, body and spirit. Connect with life in ways to build and support everyday well. Herbalism, Crystals, Oracle, Meditations, Energetics and more. **Email:** goldengoddessalchemy22@gmail.com

Geo Giordano, MSc, RH(AHG), Registered Medical Herbalist, Chief Formulator of Geo's Joy Herbal Medicine is available at **GeosJoy.net**. Working in partnership with doctors for chronic and complex health issues, Geo is a passionate clinician delivering potent plant pharmacology. 410-707-4486. geosjoyRH@gmail.com.



MOUNTAIN MYSTIC TRADING COMPANY
A SHENANDOAH VALLEY TRANSFORMATION STATION
215 B SOUTH STREET FRONT ROYAL, VA 22630
540-635-6318
MOUNTAINMYSTIC.ORG

CRYSTALS AND GEMSTONES,
UNIQUE LOCAL ART,
INCENSE AND AROMA OILS,
STERLING SILVER JEWELRY,
BOOKS AND ORACLE CARDS,
WEEKEND EVENTS AND
WORKSHOPS

The advertisement features a vibrant illustration of a mountain landscape with a river, a large white crane, a small boat, and a bird in flight. The text is arranged in a central, framed area with decorative elements like stars and dots.

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

With 20+ years of energy work experience, animals are my first love. Noninvasive sessions promote emotional balance, relieve pain, reduce stress, release trauma, support post-surgical recovery, and can provide peaceful end-of-life comfort for healing animals and caregivers. **Janice Williams**, shenandoahspirit.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.

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. 17. **RayZenEnergy.Com**


HOLISTIC MEDICINE

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 21.

The Sanctuary Wellness Center, a hidden Gem in Berryville, VA. A gathering of Holistic Health Professionals passionate about restoring vitality, health and joy. Discover more than 26 healing modalities under one roof; Medical Practitioners, Ayurveda and TCM included! **SanctuaryBerryville.com**.

Neighbor Note: The work you value is happening nearby. Step in.

Creating safe, healthy, beautiful spaces



peace & plenty
feng shui

Contact me to schedule a consultation for your home or business.

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

HOMEOPATHY

Homeopathy is a holistic system of medicine developed in the late 18th century that uses highly diluted natural substances to stimulate the body's self-healing response. Remedies are selected based on a person's unique pattern of symptoms rather than a single diagnosis.

Shenandoah Homeopathy offers individualized classical homeopathic care. As a Certified Classical homeopathy and registered nurse, Homeopathy can aid to restore balance, vitality, and well-being for families seeking holistic care with compassion and experience you can trust. Call: **540-545-7867** for more information.

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 **moderne-homemaker.com**

Simple Ritual: Begin your morning by stepping outside, even for just two minutes. Feel the air on your skin and notice the light in the sky. Let your eyes adjust before your mind begins racing through the day. Take one steady breath and set a simple intention for how you want to show up. This small pause creates a sense of direction before the noise of the world sets in. Over time, simple beginnings shape calmer days.


LYMPHATIC DRAINAGE

Body work, or manual lymphatic drainage (MLD), is a gentle, specialized massage technique designed to stimulate the natural circulation of lymph fluid, reducing swelling (lymphedema), detoxifying the body, and boosting immune function. It uses light, rhythmic strokes and stretching motions toward lymph nodes, typically starting at the neck and chest.

Rebecca Wilson-Nagy, LMT, MLD-C, specializing in lymphatic drainage and therapeutic bodywork. Visit sageptva.com to learn more. **(540) 539-3281** Sage Center for Women's Health, 420 W Jubal Early Dr, Suite 105, Winchester, VA 22601


Neighbor Note: Learn the name of one person you see regularly. Use it.

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.



Scan for Ingredients/Benefits



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

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.

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 2.

LAUGHING BUDDHA BODYWORK, Alan Arnett, MFA BCTMB, (540) 664-1380, located at **124 Amherst Street, (2nd Flr.)**, Winchester, VA 22601. Celebrating his tenth year serving clients in downtown Winchester. Alan integrates hot stone massage, myofascial release, deep tissue work, and mobilizations. Book him by texting the number above or visiting <https://laughingbuddhabodywork.com>.

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.

Wellness Tip: Give your attention to the person in front of you without distraction. Presence is rare and powerful.

MASSAGE THERAPY

Bill Giordano, LMT, ABMP - Discover masterful, intuitive, soul-centered massage Integrating over 35 years of experience and education in multiple modalities and spiritual traditions. Alleviates chronic pain, resets your nervous system, restores vitality.
BillGiordanoLMT@gmail.com **215-696-9091**
co-founder www.SanctuaryBerryville.com.

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. 16.


Simple Ritual: Smile at yourself in the mirror.

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

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

Leah Dick, LMT The Space Between Therapeutic Massage & Bodywork, and Oncology Massage. (540) 323-9868 TheSpaceBetween-LMT@gmail.com | www.MassageBook.com/biz/TheSpaceBetween

Mini Meditation: Look around and name three things you can see. Then close your eyes and notice one sound. Take one slow breath and return to your body. Stay there briefly before moving on.

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**

Seasonal Recipe Snippet: Lemon Balm Calm. Steep one tablespoon fresh lemon balm in hot water for ten minutes. Sip slowly in the evening as the light fades. Light, citrusy, and soothing after a long day.

Balanced Bodies, Happy Animals

Serving the Shenandoah Valley with animal balance and care.

Here's How I can help:

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

Rich Emery
Equine Structural Integrative Practitioner
IET Certified

Contact Me Today!

☎ 1-540-664-6842
✉ richem67543@gmail.com

[f](#) [i](#)

MAKE YOUR SOUL AT HOME

Human Design Readings
with Libby Hoffmann -
Moderne Homemaker

Find Out More...
[modernehomemaker.com/
nurture-your-soul](http://modernehomemaker.com/nurture-your-soul)

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

Neighbor Note: Disagreement does not require disrespect. Show them how it's done.

PHYSICAL THERAPY

Physical therapy is a healthcare practice that improves movement, reduces pain, and restores function through targeted exercises and hands-on care.

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. **Bodylitept@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**



SAGE
center for women's health

We're dedicated to supporting women with expert, compassionate, holistic care through all life stages.



Our Services :

- Women's Health PT
- Functional Medicine
- Fullscope Midwifery
- Bodywork
- Nutrition Counseling
- Lactation Support
- Somatic Experiencing
- Infant PT
- Women's Circles
- Yoga



420 W Jubal Early Dr, Ste 105
Winchester, VA
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What Makes PRX Professional™ Unique?

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PSYCHIC MEDIUM

A psychic medium communicates with spirits, relaying messages from the deceased to the living. Using intuitive abilities, they perceive energies and offer guidance, comfort, and insight.

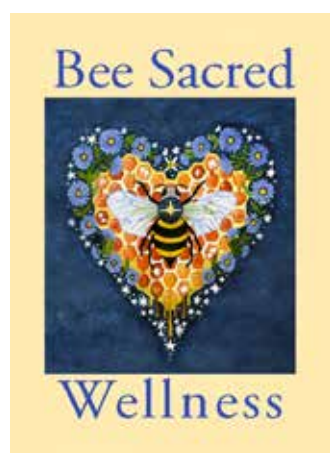
Joy Andreasen is a psychic, medium, best-selling author, and spiritual healer and teacher. See her ad on pg. 8 and check her out at www.whispersofjoy.net.

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Qigong and Tai Chi are ancient Chinese practices that combine movement, breathing, and meditation to improve health and balance. They are low impact, mind-body exercises for all ages and health conditions.

MoveMentation, 501(c)(3) nonprofit – Empowering people through the teaching and practice of movement as first medicine. Offering ongoing tai chi and qigong movement classes, specialty workshops, work-place trainings, and ancient Oriental wisdom for modern times. www.movementation.org

Wellness Tip: Your breath is a built-in reset. Slow it down and let the exhale last slightly longer than the inhale. A few breaths can calm your body, clear your thinking, and ease tension. You carry this tool with you everywhere.

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 16.

Wellness Tip: Add a few minutes of stretching to your day. Focus on areas that feel tight. Regular stretching improves mobility.

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Zinnia's in Blue Vase by Susan Clute / Featured Artist

THE ARTIST BEHIND THE COVER

Meet Watercolor Artist, Susan Clute



When you first see the poppies on this issue's cover, you feel it before you analyze it. Movement. Energy. Light layered over light. It's the kind of work that invites you in rather than explaining itself.

We're honored to feature local, Frederick County artist Susan Clute on the cover of this Spring/Summer issue.

Susan first discovered her love of art as a young girl growing up in Michigan. She remembers picking up a brush and feeling an immediate sense of joy and connection. Creating became a quiet place for her—a way to express herself long before she had the words to do so.

As an adult, life carried her across the country as part of a military family. Moving with her Marine husband, their two children, and their dog meant constant change. But it also meant opportunity. Over more than twenty-five years, she enrolled in art classes wherever they were stationed, learning from new teachers, new landscapes, and new environments. With each move, her artistic voice grew clearer and more distinctly her own.

She works primarily in watercolor and acrylic, embracing a loose, impressionistic style guided by emotion and instinct. Deeply influenced by Van Gogh and Monet, she is drawn to flowers and abstract forms as a way to explore color, movement, and the beauty found in everyday shapes.

An abstract painter at heart, her work is intuitive and emotionally driven rather than planned or lit-

eral. She is less interested in recreating what she sees and more interested in expressing what she feels—movement, energy, mood, transformation. Abstraction gives her freedom. It also gives the viewer freedom, allowing each person to find their own meaning within the layers.

The poppy featured on our cover represents movement and beauty in the wild—a sense of growth, renewal, and happiness. Its layers of color and motion reflect the rhythms of spring and summer, and the quiet reminder that change is always unfolding within and around us.

Through years of classes, exhibits, and selling her work, she continues to experiment with new techniques and materials, keeping her art fresh and alive. Nature remains her constant muse, offering endless shapes, colors, and rhythms.

A quote by Theodore Dreiser has long resonated with her:

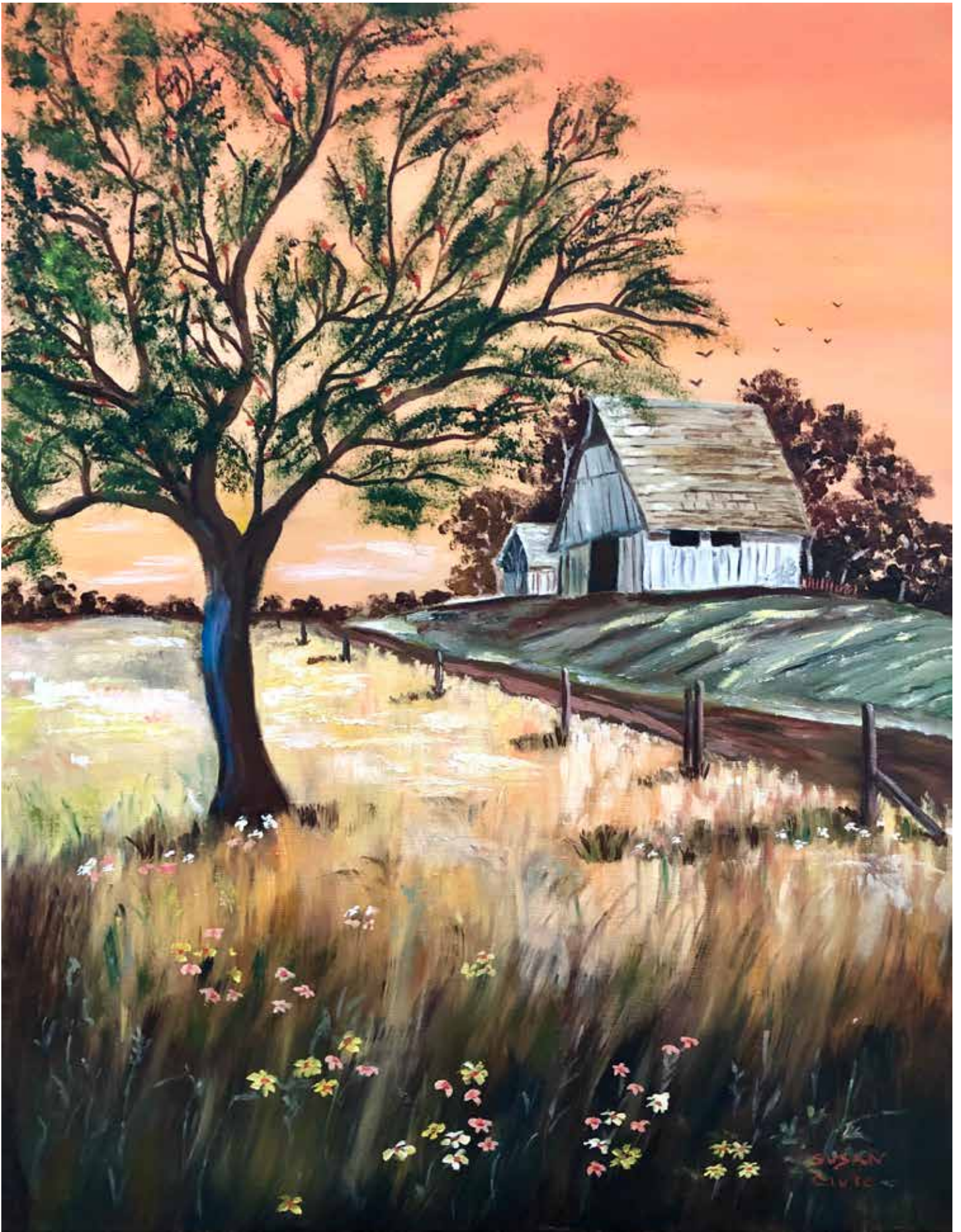
“Art enables us to find ourselves and lose ourselves at the same time.”

She adds her own simple philosophy: have fun and don't sweat it. Embrace the happy accidents. Some of the most meaningful moments in art—and in life—come when we let go of control and stay curious.

To inquire about Susan's paintings or prints, reach out to her via email at skclute67@gmail.com.



Autumn by Susan Clute / Featured Artist



Country Sunset by Susan Clute / Featured Artist

RENTAL SPACE

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.

Room rental hourly/daily at Holistic Healing Hub, **2654 Valley Ave**, Winchester. 8x10 treatment room fits massage table. 14x16 classroom- great natural light will hold 4-6 massage tables, 6-8 yoga mats or 20 chairs. Detailed info: **DoriansPebbleinaPond.com**

Poetry Corner: Born of bold hope and unfinished promise, this land keeps asking who we will be to one another. Freedom is not fireworks. It is the courage to live it together.

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.

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Poetry Corner: Try writing your own short poem. Capture one image, one feeling, or one ordinary moment. Notice what becomes clear when you put it into words.

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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. Incrementshiatsu.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.

Master Bodyworker **Bill Giordano**, LMT has practiced Zen Shiatsu over 35 years. Training and instructing at the International School of Shiatsu, his sessions restore energy and function while being profoundly relaxing. Restore energy flow, remove blockages
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Mini Meditation: Place a hand on your chest. Pause.

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www.theritualspawinchester.com
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Wellness Tip: Go to bed fifteen minutes earlier tonight. Small sleep gains add up over time.

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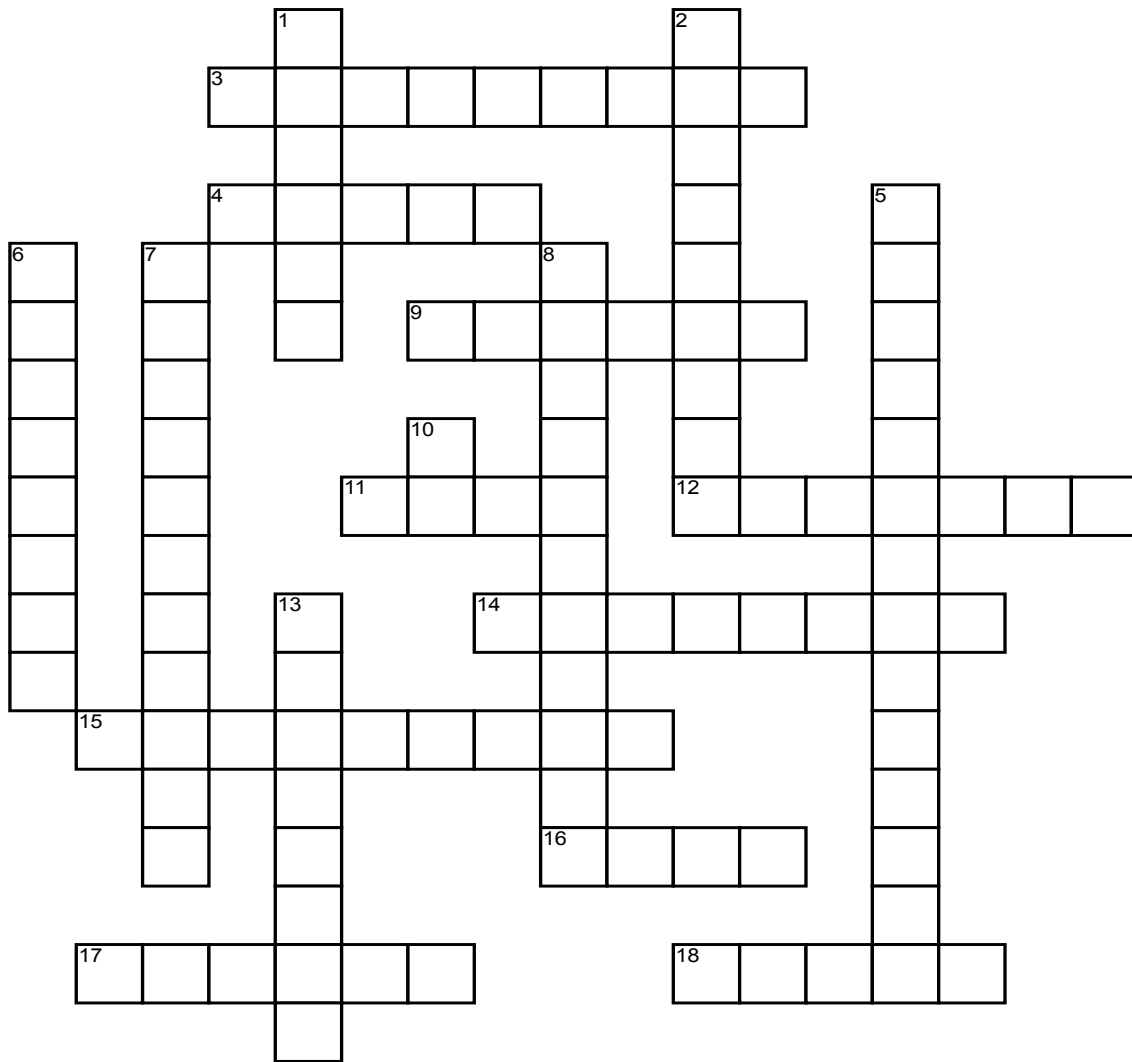
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Crossword Puzzle



ACROSS:

3. Uses plants and extracts to promote well-being.
4. Featured artist
9. You carry this tool with you everywhere
11. A technique that uses this many pins
12. Japanese body therapy
14. Fragrant tree
15. Pausing creates a sense of
16. Unites the body, mind and spirit
17. Therapy that works with the body's connective tissue
18. Always invite this first

DOWN:

1. The letter S
2. A philosophy that says the exterior reflects the interior
5. You'll find gemstones
6. The Ritual Spa turns self care into this
7. Spring is a time of fresh
8. Applies pressure points to specific areas of body
10. Vital energy
13. Rare and powerful

See answers on p. 25

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**

Mini Meditation: Pause and feel both feet on the ground. Notice your breath. Let your shoulders drop and your face soften. Stay here for one quiet minute.

WEIGHT LOSS SUPPORT

Weight loss support refers to guidance, education, and encouragement designed to help individuals reach and maintain a healthy weight through balanced nutrition, physical activity, and sustainable lifestyle changes.

Compassionate Care Services is a nurse practitioner-led clinic offering personalized, affordable care, including hormone therapy, weight loss support, sexual health treatment, ear acupuncture, and peptide therapy, with longer visits, direct provider access, and convenient telehealth services. **<https://www.compassion-telehealth-np.com>** Email: **compassionn-phhealth@gmail.com** 1-724-826-6748

YOGA

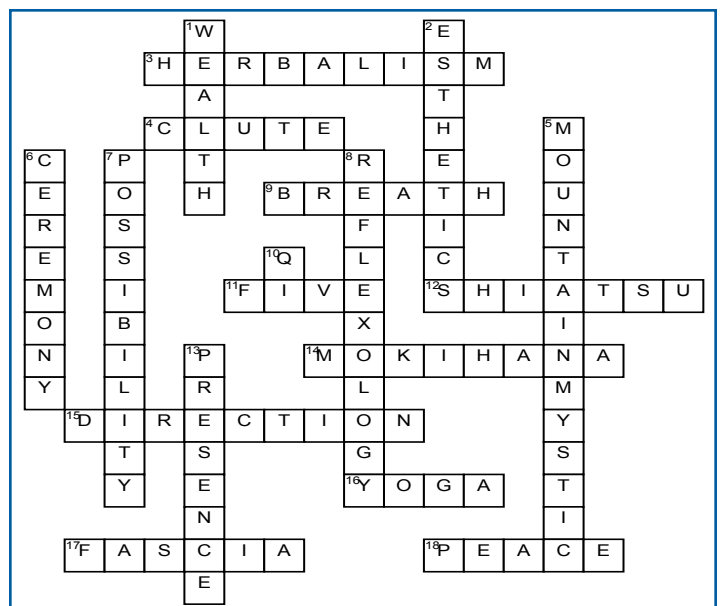
Yoga is a system of physical, mental and spiritual practices that originated in ancient India. It aims to unite the body, mind and spirit through various techniques, such as poses, breathing exercises and meditation.

Christina Chaney, C-IAYT (or Certified Yoga Therapist) Offering virtual yoga classes and in-person/virtual 1:1 yoga therapy. For more information go to **www.deeprootsyogava.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.

Jenuine Bodywork – Connecting Heart to Bone - Zero Balancing and somatic bodywork supporting nervous system safety and subtle energetic alignment. Gentle, precise touch helps release tension, restore balance, and reconnect you with the wisdom of your bones and heart. **jenuinebodywork.com**



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