

April 2026 Newsletter

Happy spring!

As we will hopefully start to see the flowers blooming I am excited to announce that my practice is blooming and growing also! I wouldn't be here without the support and trust from all of you! I am beyond delighted to grow into a space that will allow me to also bring on new practitioners and have our own classroom space! I have been dreaming of this and it feels incredible to see it unfolding.

More details to follow, but we will moving the practice about 10-15 minutes down the road, to Forest Ridge Drive in Rowley (I will keep you posted on session locations come May).

Take your daily medicine!

Wait, I don't mean your pills.

I'm talking about the medicine that heals your body, soul and mind. We always encourage to do something in every day that is for you!

- ♥ Stop, connect with your body and breathe
- ♥ Go outside and walk, taking in the beauty and around you that nature provides us through all of its seasons
- ♥ Meditate
- ♥ Do some yoga or other movement for your body
- ♥ Go to a sound immersion
- ♥ Float in a salt tank
- ♥ Get a massage
- ♥ Breathe in the ocean air
- ♥ Craniosacral Therapy
- ♥ Journal
- ♥ Energy work session

Find the thing that you love and do it, even if it's only a few minutes!



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this survey to
help us



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