

# BUILDING FROM THE HEART OUT: THE POWER OF COMMUNITY IN HEALING

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When you set out to create a healing space, it's easy to focus on the physical: the design, the décor, the details. But the true architecture of any sanctuary begins long before walls are built. It begins with intention. With a deep understanding that community is not just part of the experience; it is the experience. A healing space isn't defined by what it looks like, but by how it makes people feel. The goal is always the same: to create a place where others can breathe, soften, and remember who they are.

When my partner and I first dreamed of Saltara Healing in Warwick, NY, we knew we didn't want to create just another yoga studio. We envisioned a sanctuary for mind, body, and spirit — a space for restoration, connection, and remembrance of who we truly are. Here are some things we learned about building community in healing spaces.

## BEGIN WITH INTENTION

Every meaningful space begins with a clear intention. Before anything else, ask yourself, "What do I want people to feel when they enter this space?" Your answer becomes the guiding thread that weaves through everything that follows. The design, the energy, the way you communicate, even the way you greet people at the door. When your vision is rooted in genuine care and service, the right community begins to gather naturally around it. Energy recognizes authenticity.

## DESIGN FOR THE NERVOUS SYSTEM

Healing begins with safety. A truly restorative space should calm the body before the mind even realizes it. So much of what helps people feel at ease lies in subtle details; lighting that soothes rather than stimulates, scents that invite grounding, music that matches the rhythm of a slower breath. Incorporate natural textures, gentle sounds, and uncluttered organization. In yogic philosophy, this mindful attention is called *saucha*: purity and clarity in both form and energy. When your environment communicates care, people feel it on a cellular level.

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