

Service Organizations:

Volunteering is good for the Mind, Body and Spirit

American Legion Post #468

(760) 765-0126
P.O. Box 205, Julian 92036

Anza-Borrego Foundation

(760) 767-0446
P.O. Box 2001,
587 Palm Canyon Drive,
Ste 111
Borrego Springs, CA 92004
Email: info@theabf.org
www.theabf.org

Backcountry Communities Thriving (BCT)

2015 Main St. Ste. D, Julian
P.O. Box 1705
Julian, CA 92036
info@bc-ct.org
bc-ct.org

C4 Foundation

Provides resources and support to active-duty Navy SEALs and their families
P.O. Box 181679
Coronado, CA 92178
c4foundation.org

California Wolf Center

www.californiawolfcenter.org

East County Performing Arts Association

info@eastcountyarts.org

Friends Of The Julian Library

(760) 765-2899
P.O. Box 815
Julian, CA 92036
friendsofthejulianlibrary.org

Ilan-Lael Foundation

ilanlaelfoundation.org

Judith A. Bassett Canid Education and Conservation Center

(760) 224-9392
www.jabcecc.org

Julian Arts Guild

(760) 765-0868
P.O. Box 494, Julian
julianartsguild@aol.com
www.julianartsguild.org

Julian Branch Library

The Julian Library offers a variety of activities and resources for mind, body and spirit. Musical presentations, yoga, fitness classes, art classes, speakers are just a few things the library has to offer.
1850 Highway 78
(760) 765-0370

Julian Cemetery Corporation

2948 A Street, Julian
Juliancemetery.org

Julian Community Heritage Foundation

Juliantownsquare.com

Julian Dark Sky Network

(619) 354-9258
P.O. Box 184
Julian, CA 92036
juliandarkskynetwork@gmail.com
juliandarkskynetwork.com

Julian Fire Safe Council

P.O. Box 1705
Julian, CA 92036
jfsc@bc-ct.org

Julian Historical Society

(760) 765-0683
2133 Fourth Street, Julian
P.O. Box 513
Julian, CA 92036
julianhistoricalsociety.org

Julian Pathways, Inc.

(760) 765-2228
1704 Cape Horn Ave., Julian
P.O. Box 337
Julian, CA 92036
admin@julianpathways.org
julianpathways.org

Julian Woman's Club

(760) 765-4702
P.O. Box 393
Julian, CA 92036
www.julianwomansclub.org

Laguna Mountain Volunteer Association (LVMA)

(619) 473-8547
3348 Alpine Blvd.
P.O. Box 1984
Alpine, CA 91901
sabdi@lmva.org
lmva.net

Pioneer Museum

(760) 765-0227
2811 Washington Street,
P.O. Box 511
Julian, CA 92036

Save Our Heritage Organisation

sohosandiego.org

Volcan Mountain Foundation

(760) 765-2300
eric@volcanmt.org

Julian's Mind Body, Spirit Offerings



**Historic Julian
California**

Tel: 760-765-1857

www.VisitJulian.com

Alpine Physical Therapy and Wellness Center, Inc.

Personal and attentive rehabilitation for orthopedic injuries, neurological deficits, balance issues, sports injuries, and post-surgical recovery. Most insurance accepted.

Matt Kraemer, PT
2216 Main Street
760-765-0806
julianfitnesscenter@gmail.com

Bree Elizabeth Aesthetics

4470 Julian Rd
619-340-3833
I offer a variety of facials from anti-aging, brightening, clarifying, to chemical peels, hydrofacials, and microcurrent!
I also offer lash extensions classic hybrid & volume. Lash lifts & tints. Waxing.

Julian Wellness Center

ReGenerate - ReEnvision - ReEngage
We offer a wide array of relaxation and wellness services: massage, acupuncture, holistic skin care, sound and light therapy and energy work.
We are massage therapists and acupuncturists practicing being well, so we can share that goodness with you. We are located in Santa Ysabel, right next to the Nature Center, with plenty of parking.
21979 CA-79
(760) 896-4049
julianwellnesscenter.com

Moonshine Magic

Your place for: Crystals, rocks and minerals, herbal blessed candles, and handcrafted essential oil blends, beaded jewelry, and more.
*Exclusive San Diego County location for Coventry Creations Candles and Rosarium Blends Essential Oils
2608 B Street
619-846-0163
moonshinemagicjulian@gmail.com

Mountain Healing Acupuncture

I've been a dedicated practitioner of holistic medicine since 2008. I love empowering patients to understand their bodies and discover the power of healing arts. As part of my practice and philosophy, I strive to both educate and heal my patients, empowering them to live better and healthier lives.

Lara Koljonen
2015 Main St. Suite B
619-980-0745
mountainhealing.com

Native Touch Acupuncture & Healing Arts

Regina Montalvo
760-445-3035
nativetouch1@gmail.com

Nicole Pisciotto, Yoga Teacher & Reiki Healer

619.233.6198
nicolepisciotto.com
Dedicated to assisting others not only on the journey of healing but also life management offering many tools for balanced living. One of the most important things I love is that yoga is for everyone. My approach is a gentle deep healing practice that allows you as the participant to relax and create your perfect experience in the moment to serve your needs. Services include....
Individual Yoga Session • Group Yoga Class • Reiki Healing • Crystal Healing • Shanti Foot Bliss

Rooted Living Wellness

As a trained and certified wellness coach, counselor and yoga instructor, I offer several therapeutic modalities for your transformation: individualized coaching sessions, group and private sound healing sessions, private and group meditation & yoga sessions.
Liz Myers
rootedliving@gmail.com
rootedlivingwellness.com

Sheri Hammes Massage Therapy

Re-discover your sense of well-being with personalized therapies that nurture both body and mind. Enjoy an experience that will allow you to achieve calm, relaxation and peace inside and out. Offering you everything from the best relaxation massage to the treatment and rehabilitation of injuries. Schedule today for your 30, 60, or 90 minutes. She also offers consultation services for habits of health!
(951) 581-2231
2015 Main St., Suite F
sherihammes.com

Spiritual Heart Doctor

Introduction to Heartmath.
You'll learn two "HeartMath" breathing techniques that build coherence which is having harmony with your heart, mind, emotions & body.
Led by Heartmath Facilitator, Jennifer who is trained in Heartmath Interventions.
Stress and Anxiety: One of the primary focuses of HeartMath is helping individuals reduce stress & anxiety through techniques that promote emotional regulation & resilience. Later, you can relax and listen to a 45 minute Sound Healing Meditation.
619-333-8557
spiritualheartdoctor.com

The Julian Fitness Center

Featuring: Cardio equipment, which includes treadmills, bikes, (upright and recumbent) and ellipticals. Top of the line free motion fitness equipment, free weights, incline benches and smith rack
Staff on site full time
\$10 for a day pass
2216 Main Street
760-765-1576

ZUMBA with Gaynor Behan

gaynorbehan@hotmail.com
619-540-7212