

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

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.

Emerge Well Holistics, LLC

619-348-5627

Discover the transformative power of nature with our immersive healing experiences. We offer 1:1 healing sessions (online or in-person), and small group guided journeys into serene natural settings, where you can reconnect with the earth, rejuvenate your spirit, and promote holistic well-being through mindfulness, wildcrafting, and eco-therapy. Join us to embrace the healing magic of nature and find your path to inner peace and vitality allowing you to emerge well daily.

www.emergewellholistics.com

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 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