

**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

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

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

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

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

Zen Mountain Yoga

We are a quaint yoga studio in the heart of Julian at 2015 Main Street, located in the historic McKinney Bldg. We offer gentle yoga classes, hatha and slow flow classes for all levels. We offer private sessions and customized group classes.

Studio owner, Denise Eve has been providing yoga to students since 1994. Denise teaches with warmth, mindfulness and compassion.

858-922-4731

ZUMBA with Gaynor Behan

gaynorbehan@hotmail.com

619-540-7212