

CONSCIOUS

CITY GUIDE



*the Leaders, Teachers & Modalities
Igniting our Evolution*

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We create from the traditional lands of the Chumash & Tongva people. We honor elders past and present & those who have stewarded this land throughout the generations.

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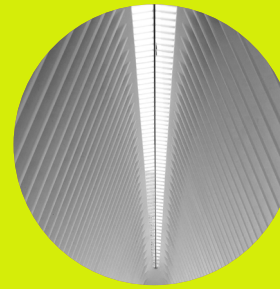
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PUBLISHER'S NOTE



PHOTO BY OLIVER HALFIN

The idea for this publication started with a strong vision that I could not get out of my head. It was a portrait of a group of people who are waking up our culture. The same group photo we've all seen with a collection of celebrities, politicians and Fortune 500 CEOs. Except this photo was not of them. It was of the change-makers who had never been brought together in this way before. It was an image that celebrated the work they are doing, the communities they're activating and the human spirit they have restored.

This issue explores; a reclamation of Indigenous roots that is empowering Diné youth, the ways we transform our minds and bodies through movement and joy, and the way we build community and businesses through elemental alchemy. We speak to a festival founder who is bringing together thousands of women to practice and remember ancestral skills and we interview a genius curator who is bridging the ancient with emergent in a micro-festival like none other before. We talk with a grocer that is ending food apartheid and

with two guardians of our planet channeling their work through art, poetry and soil. Everywhere around the globe, legions are shedding all they know about themselves and becoming new - by remembering ancient history, seen from a different perspective, or embracing individuality through new systems of self-discovery. Each of these change-makers speak to different communities and in very different languages, but their defining message is clear -It's time to remember, it's time to come together, it's OUR time for change.

We are in a time of one of humanity's greatest collective awakenings, and in our dense, multi-layered media environment, it's time we lift what's brimming at our surface to the very top. These are the new ways, reminding us of our connective nature in our 'original' way, and throughout the next pages, we celebrate the ones guiding us.

MEL NAHAS,
CO-FOUNDER, CONSCIOUS CITY GUIDE

THE LEADERS IGNITING OUR CONSCIOUS COLLECTIVE

We are thrilled to gather in celebration of the key change-makers we feel are shaping our shared evolution. We've curated a diverse and prolific array of global thought-leaders, healers and wisdom keepers and invited them to share ideas, creative process and inspiration. The result is a collection of uniquely personal stories which explore the multitude of ways they are each working, together and individually, to guide us all - into our collective future.

Edited by **JESSICA HUNDLEY**
Photos by **OLIVER HALFIN***

*UNLESS NOTED

BUILDING A BIGGER TABLE

Creating Equity for All

OLYMPIA AUSET

The founder of SÜPRMARKT, whose mission is to shatter long standing barriers to health in low income communities by making organic food accessible to all.

AMY DENET DEAL

The founder 4KINSHIP, a Diné (Navajo) owned sustainable artwear brand dedicated to community initiatives for Indigenous youth, artists, women & elders.





O L Y M P I A A U S E T

on living by example:

“

As a vegan, it was already challenging to try to eat healthy in the communities that I had grown up in. It was just a mission just to get produce. Simultaneously, I was starting to experience death for the first time, having people close to me pass away. I didn't experience a lot of that grow up, but I started to experience around that time, and it was pretty much everybody that was passing away was from preventable disease.

Since its inception in July 2016, SÜPRMARKT has provided more than 100,000 pounds of organic fruit, veggies, and staples affordably in South LA, a community which has 1.3 million residents but only 60 grocery stores. We are currently completing construction on South Central's first ever full service organic grocery. The SÜPRMARKT Flagship will feature subsidized organic produce, delicious vegan meals, and sustainable goods, as well as serving as ground zero for a health awakening by providing wellness events, cooking workshops, and vital community resources for years to come.

The work that I do is particularly important because a lot of the health movement and the spirituality movements that take place apply to mainstream and upper class and those are the people that have the most access to it. But Black and Brown people, as well as poor people, make up 80 to 90% of this earth. If we say we want to change this earth and we're leaving out like 80% of the people, we're not being real with ourselves. The work we do is to make healthy food and the concepts associated with it — the support needed, the education, the lifestyle — available in a neighborhood where it's just the last thing on the list.

The way I move through life is by living by example, sharing information, but at the same time, it's all about experiences. My philosophy is all about just layering in experiences for people. This applies beyond food, but as it relates to food, tasting is believing. When people see you enjoying the benefits of the work that you put in on yourself spiritually or personally, that's one of the most influential things you can do as opposed to just educating someone or lecturing someone. You have to show people that it *is* possible.

AMY DENNETT DEE AAL

on creating equitable futures:

“

As Diné, we rise with the dawn to greet the first rays of the sun in the East. It's a moment of gratitude and intention-setting for what lies ahead. My mornings are dedicated to ideation meetings and creative concepts, while afternoons become a canvas for the art of dyeing or collaborating with others. As the sun sets, I take a moment to reflect on the discoveries of the day. 4KINSHIP'S visual storytelling through photography, film, sport, music and movement arts has become a groundbreaking way to express our ideas and stories, collaborating with other native creatives to bring these expressions to life.

As I journey through the latter part of my life on this planet, I've come to realize the significance of every single moment. The clarity I've attained at this stage, understanding my life's purpose, has given me immense importance upon each passing day. Participating in this community-driven work daily has transformed my life, forging a new path in creating a business that actively embraces the principle of reciprocity. Our business platforms can transcend beyond

personal gain, and become pathways for meaningful contributions to the world.

4KINSHIP represents my "coming home". As a Diné adoptee displaced from my homelands in New Mexico, my journey back and reconnection with my tribe was not just a singular "key moment," but a lifetime of profound awakenings. Embracing my indigeneity carried a weight of responsibility, and our brand platform became the perfect canvas for this transformative work to unfold. While we started as a sustainable brand, our ultimate vision extended beyond that, aiming to forge sustainable solutions that resonate with future generations and paves the way for equitable futures for our people.

AMY'S INSPIRATION

My personal inspirations have always started from immersing myself in nature's embrace. It's in those moments of serenity, where time slows down and the light dances across the landscape, that I find solace as the individual to create a greater understanding of your daily intentions.



VOICES FOR THE EARTH

Stewards of Gaia



PHOTO BY LEIA VITA

ZACH BUSH MD

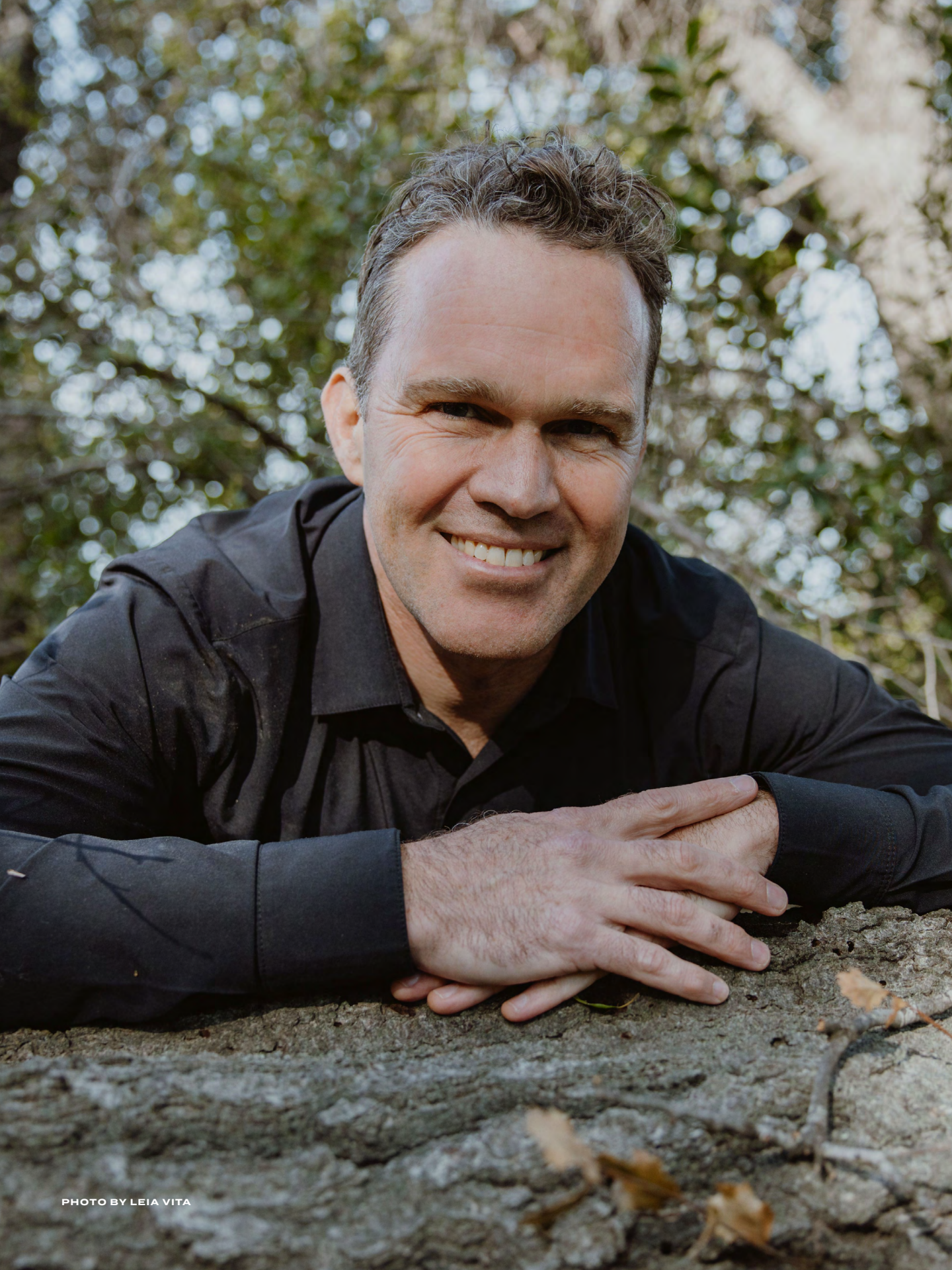
A physician and founder of Seraphic Group and the nonprofit Farmer's Footprint which develop root-cause solutions for human and ecological health.



PHOTO BY EVAN BENALLY ATWOOD

WILLOW DEFEBEAUGH

The Cofounder, Board Director and Editor-in-Chief of *Atmos*, a cultural publication exploring topics ranging from nature and climate, art to politics, fair, and spiritual gathering.



ZACH BUSHD

on surrendering to co-creation:

“

Seraphic Group Inc. emerged in my life over a five-year journey through many levels of surrender. I knew I had to release the strong attachment I had to the analytical, mind-led values, planning, and execution, and allow for a spirit-led approach to come through that was more intuitive and creative. This was largely made possible due to the parallel journey of friendship and the love and support of my co-founders and the hundreds of people that have been attracted to these projects. This is how many dreams have come to fruition. We have held onto one another tightly in desperately challenging times, as well as, in moments of great celebration.

When we move from didactic delivery to sensing and co-creation, we can discover infinite new perspectives and thoughts. We see this synergistic co-creation happen in all cooperative relationships in nature. The more diversity in a connected network, the more intelligence is exhibited by the community. This is referred to as quorum sensing in the microbiome. The more connected diversity that is present in these micro-ecosystems,

the more intelligence, diversity, and beauty is expressed from the whole.

It's notable that we call it quorum sensing, not quorum intelligence. To discover and communicate the deepest truths, we need to trust ourselves to feel deeply and accurately. It turns out we all know what truth feels like even if we don't mentally know it. I am most fascinated by what can emerge from the universe into my awareness when I am in a connected conversation with other humans that have also leaned into that moment to sense truth and co-create actionable wisdoms.

What is happening right now is a collective manifestation of eight billion souls animating 8 billion human bodies, and untold numbers of other energies animating life on a constantly changing planet that loves death and rebirth. This is the code of life and we are an expression of that. Whatever you are doing right now is the only important thing for you, so feel it completely and be willing to receive whatever you can dream next.

W I L L O W D E F E B A U G H

on re-enchantment through ecology:

“

It took about a decade of me working at art and culture magazines to stand up and say what are we all doing? Trump was president, wildfires were raging in the West, kids were skipping school around the world because they didn't see a point in education without a livable planet in their future, and I had an unnamable anxiety welling in me. It felt like my spirit was crying out. So I quit the job I had been working my entire career for. I traveled all over, engaging in spiritual study and seeking a way that I could be of service to the world.

Atmos began as a passion project, but over the years it grew in the background of my life. At times, I resisted it; I worried the magazine was a distraction from my spiritual pursuits. During the pandemic, the magazine bloomed and I realized I had been operating under a very limited idea of what being of service meant. This organization, this organism, was how I could be of help to this planet. And it would use every seed from throughout my life: my time in publishing, the artists I worked with, my studies in school. So now I give my heart to it fully.

For me, it always comes back to storytelling. That's how the earth speaks to me, to my humanness, because that's all humans are. We're stories, collectives of microbials dressed up as walking narratives.. Each week, I explore a specific species or natural phenomenon and then expound on what we can learn from it as a way to help us navigate this world in transition.

I believe that reenchantment with nature is the most imperative thing we can be doing for this planet. We are, in many ways, living in the age of disenchantment. Everything is at our fingertips, no knowledge is out of reach. And with that comes so many extraordinary benefits, but it also can bring about a lack of mystery and wonder if we aren't careful. We have lost our understanding of the earth as a larger organism that we are part of, a vast and all encompassing mystery. To be re-encharmed with that mystery is to be reminded of our love for this planet.

ATMOS.EARTH



PHOTO BY JAKE SARGENT

M O D E R N M Y S T I C S

Exploring Spiritual Dimensions

JULIE PIATT

Julie Piatt aka “SriMati” is a mystic, musician, founder of SriMu plant-based cheese, artist, author and healer who has lived her life immersed in devotion and expansive creativity.

MATÍAS DE STEFANO

The founder of YoSoy, a project which has generated a worldwide movement of consciousness about the recognition of human purpose on earth.

JENNA ZOE

Author, the world-leading expert in Human Design, and creator of the My Human Design app.





MATÍAS DE STEFANO

on moments of transcendence:

“

A key moment in my own personal evolution was when my guides, at age 12, showed me my mission in the future and that still is an inspiration and incentive for me. Then, the first gathering I organized in Argentina, where I saw the network, the people, and my first mission in 2012. And of course that day in 2015 when I understood what I Am/YoSoy actually means.

My process of tapping in to my guides is: I usually have my mind blank, and I let the energy around to show me the patterns of the info in the surroundings. And instead of thinking about ideas, I perceive concepts in different geometries and colors or sounds that become words. So usually improvising by perception.

For myself, I think it is the freedom of being a child playing with reality, making it all an adventure, and I guess that's also for

the community, as they feel the freedom to be themselves, not judged, and that magic is everywhere, most people realize they are not crazy, just discovering the whole.

We live in a moment in which no one knows what is true, so we need to practice believing in ourselves. Also with the advance of AI, the future needs more consciousness than intelligence and emotions. I would love to be part of whoever creates a new social system, a new philosophy, giving myself to the service of transcendence and evolution.

My philosophical worldview can be translated as: “Heaven on Earth.” It is a concept explaining how we are creators of our own reality, as well as giving us the tools to be able to transcend it.

JULIE PIATT AKA SRIMATI

on creative process & inspiration:

“

My creative process is always flowing through me. It is fueled by an inner directive to know myself. Allowing creative inspiration and transmissions to flow through me. I live my life as an exploration of art in form. It is this mysticallifethatIcherish. Whattransmits from me through various expressions is both important and unimportant. We are everything and also nothing.

I am alive and it is my privilege to remember myself. Simply because I exist in this form, it's my blessing to express my heart's dreams. As a part of the collective, when I realize this remembrance, it has a spontaneous effect on all life. Maybe this serves as a pointer or some inspiration to another for their own remembrance

so they may become more of who they are. As we remember our sovereignty and sacred being, we bless all life.

Inspiring to me are people like Charlie Chaplin, Paramahansa Yogananda, and Isek Dineson ; All three of their lives represent elements that I relate to. Their life stories are full spectrum of meaningful life experiences. All of them redefining social norms and breaking down systems, and also creating lasting beauty and meaning affecting millions in the world.

The most rewarding experiences are the messages that come from the unseen, always when least expected - deeply profound and laced with humor.





JENNA ZOE

on human design & the era of transformation:

“

I believe that modalities come into this world, or even technologies, inventions, or anything come into this world when we are ready for them as a collective, and human design was only formulated 36 years ago, but I think that we are coming out of a time where, and correctly so, there is so much of an emphasis on how do we organize as a society, what structures do we need, what groups, what institutions, what constitutions? Human Design says that, in 2027, we're switching eras, and every modality in the world says the same, where it is "Age of Aquarius" or whatever you want to call it. The point is something is shifting, and we're really feeling it.

According to human design, and we're already seeing this, there is so much more emphasis on the individual now than ever before. People being content creators is an emphasis on the individuality; everyone having an opinion, everyone being able to have themselves as their brand, everybody breaking out labels that they used to identify with, whether that's a religion, a gender, a sexuality,

anything, right? So all of this emphasis on group identity, we're shifting out of that, hopefully keeping the positive things we got from it, but whilst also now being tasked with the next level of our collective transformation.

Now that we have all these structures that support us, what are we going to be within them, and how do we push the bounds of what humans are capable of, not being limited by those structures, but being supported by the structures? It comes down to individual consciousness and understanding, and this is what I think human design is really here for, is to be the champion of - if you just do your genius without trying to fit yourself into the structure, and everyone pushes the edges slightly, then the whole pot grows. I think that's why the work is so important now. We've gotten these structures, but let's not use them to homogenize ourselves, but to actually use them to serve us as individuals, rather than the other way around.

FESTIVAL CREATORS

Gathering as a Evolutionary Act



MEA WOODRUFF

Founding Mother behind Spirit Weavers Gathering, an annual experience that draws together thousands of women and women-identifying, in community.



MIA LUCIANO

The co-founder of Mercado Sagrado, a platform which supports visionaries in creative and healing arts at curated pop-up events, retreats and their flagship micro-festival.

MEA WOODRUFF

on gathering & community:

“

When I first started Spirit Weavers I told myself the Gathering would go on as long as it continued to bring me joy. After ten years the Gathering still has such a high demand, a reminder to me that this work is important and much needed for the Collective. We have learned so much through grassroots organizing, our team is incredible and they each add such a unique offering to make it all happen.

The Gathering is now held at precious Takelma land in Southern Oregon as a result of listening to the call from three Cedar trees. These Earth based ways, along with the contributions and experiences of the Gathering community over the past decade, helps to maintain the original vision of the Gathering, while continuing to grow and expand where needed.

The Community itself is what's most rewarding. Having access to so many creative Women. Potters, weavers, dyers, earth stewards, entrepreneurs... women doing incredible things that we get to learn from year after year. Deepening friendships, trust building

and commitment have shown us that we are supported and cared for by each other.

We're in such sensitive times. It feels like there is a lot of uncertainty and the only thing we can truly depend on is community, and our contributions within. Knowing that we have such a vast network of incredible inspiring humans means everything! And with each new year, more and more rad women find their way to us, which means we are continuously strengthening the community and the possibilities we can build together. If all we can depend on is ourselves and our extended community, our goal is for it to be solid, healthy and functioning for the greater good of the land and each other.

MEA'S INSPIRATION

To me, it is important to make a personal connection to practices that are a part of your everyday life, and finding something that works for you as the individual to create a greater understanding of your daily intentions.





MIA LUCIANO

on the vibration of transformation:

“

When we first founded Mercado Sagrado, at that time, everything holistic or healthy or related to the esoteric arts was still very outsider — these were the days before “wellness” was a term and no one really talked about spirituality or anything occult in mainstream spaces. I was committed from the beginning but then an experience deepened my understanding of what my purpose was and how Mercado Sagrado fit it.

I had a powerful vision in which a number of things were communicated to me. The feeling was that of complete connectivity, pervasive love—of ‘heaven on earth’. The beauty was overwhelming. I was told not to worry about all that was concerning to me in the world, that evolution was already in process and an extraordinary shift was taking place. I was told there were many grounding the vibration of this transformation, many re-seeding the primordial frequency... that I would know them when they crossed my path. That it would not be a movement that had a name—anything like that would be an illusion. It would be individuals, these “keepers of the frequency”—each grounding the vibration and their light, all over the planet.

This is why I think it’s important to create

structures now to lift up and support all of the what I like to call disruptors - the ones who have been leading the way, doing things unconventionally as they are already creating the new world with their actions and creations. Everyone is important.

To refer back to this vision, I feel we are now at the precipice of this much prophesied, huge planetary shift or evolution. Some refer to this as ascension, or the procession of the equinoxes or even the entering of the Age of Aquarius. What humanity is beginning to realize and will fully realize is that thought creates form, that we are quantum energetic beings, our frequency determines everything and that we are creator beings.

MIA'S INSPIRATION

I spend much time in nature and feel most comfortable there and that is what keeps me grounded. I also practice transcendental meditation & highly recommend it — I think of the brain as a sort of computer hard drive and this practice clears and reboots, it’s been massively transformative and is quite simple and easy.

The Body as Temple



A MOVEMENT OF MOVEMENT

ATASIEA

A professional Healer, Actor, Dancer, Yogi, and Martial Artist and Co-Founder of The Dharma Creation Institute, and Ecstatic Dance Los Angeles.

ROBIN PARRISH

The Co-Founder and Managing Director of Ecstatic Dance Los Angeles, a transformational music and dance experience focused on holistic wellness and community.



A T A S I E A

on healing through movement:

“

My way of teaching is very intuitive and is largely inspired by my in depth study of spirituality. Philosophies from teachings like Science of Mind, Nicheren Buddhism, Yoga, New Age Metaphysics, Indigenous wisdom from Native American, Toltec, Mayan, and the Andean Cosmovision, Uruba traditions of West Africa, as well as Ancient Kemetic traditions, and my upbringing in the Christian church.

All these combine around the basic belief system that the Source of All life is one divine, benevolent, unified energy that exist in, and is responsible for sustaining everything that seems to be separate, but is actually a tiny fractal of this larger Source- that's seeking to reintegrate and evolve itself through each of its parts- remembering and awakening to their inherent wholeness and belonging to that Great Divine Source.

The work that we're doing with Ecstatic Dance, and that I'm doing with the healing arts is so important because the world and

society are extremely unstable, and the timeline that we live on is precarious. People need safe spaces where they can come together within a diverse metropolitan area and celebrate life, to be given permission to be in catharsis, to discharge energy, to learn how to relate to each other through touch, through movement meditation, to heal, to be intentional without being overly serious, to have fun without having to have drugs and alcohol drive that experience- essentially dissociating in order to check out from the intensity of life.

We all need somatic tools, and spaces to practice them where we can be embodied in presence, and nurture the fullness of what we're moving through without having to numb or hide. Ecstatic Dance is a step in that direction. It's not a cure all, but it is normalizing authentic movement, drug free celebrations, and the co-creation of gatherings where the sacred and recreational can coexist.

R O B I N P A R R I S H

on dancing with the Universe:

“

When I discovered Ecstatic Dance as a modality and learned that it wove together my highest passions, skillset, and joys, in a way that creates positive impact in the lives of others in such a fun and beautiful way - I felt like it was something I had been looking for and calling in my whole life. Ecstatic Dance is a dynamic event and dance practice that centers around a welcoming space where everyone can join just as they are. We encourage self-expression, self-acceptance, and a positive connection to others and community. No matter how people are feeling when they join the event, or whether they think they can dance or not - we relay that all are welcome in the space to move freely, and encourage authentic expression.

When moving through life it is sometimes hard to put everything into words and express how we feel about what we are experiencing, or be able to fully process all the happenings, challenges, highs and lows of the human journey; so in some ways, I felt like these movement practices gave a space for deeper expression for me to relate to life

through storytelling and communication through my body, and be witnessed in ways by others, or have profound moments of dancing with the Universe and being heard and seen in some ways by Life itself.

The practice of Ecstatic Dance supports to raise your level of internal awareness of yourself, your emotions, your energy, and your connection to space. As we uncover that critical voice that judges us how we move, or deal with the variety of emotions that come up in this heightened state; we can go into a somatic movement process of literally feeling and moving through these emotions, and shifting our energy in real time.

As we get used to this inner recognition of our relationship to ourselves and how it feels to be us, we gain greater ability and capacity to transmute our emotions, and amplify and put energy towards that which we are seeking more of in our lives. Plus it just feels great to dance in such a welcoming, open and uplifting environment!



CONSCIOUS MEDIA MAKERS

Raising Voices



RICH ROLL

Author, podcast host, vegan ultra-endurance athlete and full-time wellness & plant-based nutrition advocate.



KIKI FALCONER

Creative director and creator of Conscious City Guide which she co-founded with Mel Nahas.

R I C H R O L L

on reaching higher:

“

We find ourselves in lives we're not sure we consciously chose for ourselves. We pay the bills with jobs that leave us feeling empty. We are in relationships that lack intimacy. We don't know our neighbors and have no meaningful connection to our environments. Weekends are but a mere respite from the drudgery of our lives. We numb our disaffection with whatever quiets the confusion—drugs, alcohol, shopping, social media, Netflix, and even relationships—but it never quite answers the question. The result, more often than not, is resignation—a depressed state that foments hopelessness.

Meanwhile, the acerbic nature of our cultural discourse only seems to escalate. Fueled by ever-expanding economic disparity, disenfranchisement, and a creeping, populist sense of powerlessness, nuance, compassion, and understanding have been thoroughly supplanted by a tribal-fueled distrust that threatens the very fabric of social cohesion—a metastasizing disease that without cure ensures an uninhabitable future for all.

The decision to radically change my lifestyle habits at 40 and explore the world of ultra-endurance was motivated in large part by an existential crisis I was experiencing at the time concerning the trajectory of my life and the deep disconnection I felt with myself and my chosen career path. Experimenting with food as medicine and movement as mindfulness became a vehicle for deep introspection—a way of taking inventory best defined as a very personal and private spiritual quest for wholeness.

If my work has any import, it is in the salve it provides to those who suffer—a signal amidst the noise to those who want to reach higher. A companion to make them feel less alone in the pursuit of such betterment. And a series of guideposts to help light a way forward. As Thoreau famously said, 'the mass of men lead lives of quiet desperation, and go to the grave with the song still in them'. If my work holds an aspiration, it is to alleviate that sense of desperation that afflicts far too many—and embolden the expression of the unique song that resides within each and every one of us.





KIKI FALCONER

on the healing power of connection:

“

Working in television in my 20's, there were countless parties. I danced a lot, drank a lot, and forgot a lot. Everything was a bit of a blur because I wasn't awake for much of it. Then I went to Bolivia and experienced ayahuasca. And suddenly, I wanted to be awake for all of my life.

After that, I took my enlightenment *very* seriously. Instead of dance floors, I spent time all my free time in meditation and solitude. But, though I felt the presence of the Divine, I wasn't feeling joy. And though I felt connected to All-That-Is, I felt alone in the world.

Then I went to Burning Man. It was my first "transformational festival" and it transformed me. Instead of partying to party, this festival was a party with purpose, having 10 guiding principles designed to bring everyone into community, presence, and their fullest self-expression. In a week, I experienced a series of miraculous moments, deep connection with total strangers, exponential joy, and a fuller expression of my authentic self. I no longer wanted

to leave the 3D world for the inner world, I wanted to embody this life fully.

Community became essential for my spiritual growth, joy became part of my spiritual practice, and I changed my life to facilitate both. I joined and then co-created heart-centered communities and experiences, eventually co-founding Conscious City Guide with Mel Nahas as an offering for the world.

Our intention with Conscious City Guide is to inspire a life lived in alignment to the Earth, community, and your Self — your highest, most authentic self. To offer access to safe spaces to express your truth, modalities to heal you, experiences to move you, and —most importantly— community to support you.

In these times when technology has disconnected us as much as it's connecting us, we post our selfies when what we really want is to be *seen*, and we collect followers when what we really want is community. In these times, simply being present with each other is medicine.



a guide to

MIAMI



BY

Amanda Gilbert
& Myk Likhov



Miami Meditation Power Couple –Amanda Gilbert & Myk Likhov– share their top wellness spots in Miami. Amanda Gilbert Meditation is one of today’s leading voices in modern meditation, mindfulness and mindful-living. Myk Likhov, founded Modern OM in 2016 and is now Miami’s top members only club for all things meditation and spiritual wellness. Together, they have co-founded The Modern Meditation Teacher Training, an industry leading meditation teacher training for the next generation of meditation teachers.

MODERNMEDITATION.TRAINING

MEDITATE

MODERN ÒM BUNGALOW

The clubhouse for Miami's spiritual wellness community, Modern ÒM has been gathering people for practice and connection since 2016.

AMANDA GILBERT MEDITATION

Amanda is an expert in the field of teaching meditation, mindfulness, and is the author of Kindness Now. She recently arrived to Miami from Los Angeles, where she lectured at the University of California. "Amanda's arrival to Miami in 2022 has upleveled the seriousness of local mindfulness offerings."

TWIN HEARTS MEDITATION

Pranic Healer and Faena's Wellness Director, Agustina Caminos, leads a weekly donation-based Twin Hearts Meditation, which is a practice to bless the earth with loving-kindness.

MURRAY HIDARY PIANO CONCERTS

Murray has been based out of Miami since 2021, where he continues to lead transportive large-scale piano concerts on the beach. Murray's work is based on mindfulness and topics that span the human experience.

STRETCH

MAYFAIR HOTEL YOGA

Envision a perfect Saturday morning practicing yoga with like-minded community under a canopy before walking to the Coconut Grove Farmers market or brunch in the neighborhood. This weekly class is Modern ÒM's only yoga class.

HANU YOGA

(formally Green Monkey) Hanu is light, bright, airy, so chic and community forward. Make sure to catch a class by owner and our dear friend, Kata Bilanchone.

SPA

TIERRA SANTA HEALING HOUSE

The spa of luxurious Faena Hotel, is the most prominent healing center in Miami Beach, and supports the spiritual community with regular events in collaboration with Modern ÒM, Daybreaker, and more.

THE SPA AT EDITION

Like the rest of Miami Beach EDITION Hotel, The Spa is designed beautifully with high ceilings, warm lighting, and immaculate details.

SWEAT

ANATOMY

A premium health and wellness fitness center with locations in Mid-Town, Miami Beach and Coconut Grove. "When it gets too hot and steamy in Miami to practice my mindful walking routine outdoors, Anatomy becomes my mindful movement sanctuary," shares Amanda.

PILATHON

A classical pilates studio (2 locations) with a mindful twist, this community-forward studio is run by the amazing Emily Bench, who is as inspiring as she is knowledgeable.



SHOP

COCONUT GROVE FARMERS MARKET

Every Saturday morning most of Miami's wellness and foodie communities descend on The Grove's farmers market. They have the most raw, vegan, plant-based and wellness forward vendors in Miami and a glowing selection of produce. Hot tip: do try the raw nori rolls and raw food pizza's from Glaser Farms.

PARADISE FARMS

Owned by wellness pioneer Karla Dascal, who founded the Sacred Space Miami, Paradise Farms is an exceptional quality local farm with a CSA program. The farm is also a retreat and healing center located in Homestead, Florida.

AURA PHOTO

If you are in Miami, you need to have your aura read by Ihar Cherski, founder of Aura Photo. "Thank us later," Myk says.

EAT

MANDOLIN

This is the best open air, unpretentious restaurant in Miami. The Turkish-Greek menu can be curated and modified to address any dietary choice, and the service is exceptional.

LOVE LIFE CAFE

A regular in our weekly repertoire. We are obsessed with the vegan cesar salad, Gluten Free Pizza Verde (the only pizza Amanda will eat in Miami) and anything Shido, which serves the best vegan sushi both of us have ever had.

PLANTISSERIE

The BEST sugar-free raw dessert selection in Miami! With Amanda's favorite being of course, their raw matcha donut. "Plus, whenever I step into Plantisserie I instantly feel nourished."

SIP

FINCA COFFEE

The only farm to cup coffee company in Miami. The coffee is from the family farm in Honduras. Owner Emilio Inias roasts his beans in Miami and serves them in his one outlet in Upper Buena Vista.

DR. SMOOD

We love Dr. Smood. Their housemade cashew, almond and oat mylks are exceptional (especially for matcha and cappuccinos) and their ingredient sourcing for their entire menu is meticulous. The ambiance is chic and the mission of Dr. Smood is aligned with our missions for wellness and mindful eating.

SUN LIFE ORGANIC

A slice of LA in Miami and our go-to matcha, smoothie and acai bowl destination on the beach.

RADIATE KOMBUCHA

We love this local kombucha brand that makes innovative flavors such as Black Rose, with organic rose and activated charcoal.





a guide to

LOS ANGELES

REMEDY PLACE

BY

Mel Nahas &
Kiki Falconer



California has been the destination and chosen home of spiritual seekers since the silent film era, so it's no wonder that its principle city is now the home of Conscious City Guide and its founders Mel Nahas & Kiki Falconer. The weather, access to both nature and culture, and the conscious community in the City of Angels makes it a paradise for these beach-loving women.

[CONSCIOUSCITYGUIDE.COM](https://www.consciouscityguide.com)

MOVE

LOVE YOGA

A community-driven yoga studio located in the heart of Venice with a focus on providing its students with a transformative practice. The studio blends Taoist theory and the Sacred Geometry of Katonah Yoga with Iyengar and Vinyasa traditions. We love Sian's classes as well as Kumi's.

THE CLASS

This is a HIIT class with soul. Taryn Toomey's workouts invite you to expand, shake, and get messy, before bringing you back together and back to yourself. It's like sweaty therapy.

THE GREEN

Just south of Santa Monica Pier is an area lovingly dubbed as "The Green." Every Sunday, the Green is packed with people practicing acro yoga, ninja skills, and more. It's a friendly and playful atmosphere that is totally free and totally fun.

HEIMAT

A membership club (like Soho house) which has a spa, fitness, fine dining, and places to WFG (work from the gym?). Mel's favorite class is Pilates with Justine.

STAY

HOTEL JUNE MALIBU

If you are connecting with nature and spending time at any of the beaches or hikes that Malibu has to offer, this private enclave of mid-century bungalows in Point Dume will happily expand your nature excursion to an overnigher. Hike part of the Backbone Trail off Kanan Rd before heading back into the city.

WEST HOLLYWOOD EDITIOND

When EDITION opened its WeHo location, Conscious City Guide curated all of the wellness and self-care offerings, so we can attest its intentionailty and attention to detail. Designed by Ian Schrager, the 190 guest rooms, 48 spacious suites and 2 penthouses have gorgeous details and expansive views of the city.

EXPERIENCE

SECULAR SABBATH

A member-based community with regular curated events featuring music, sensory experiences and participatory art by founder Genevieve Medow-Jenkins. This is your dream come true if you love all these types of things but want to experience it laying down, wearing your coziest sweats and not with huge crowds of people.

LAKE SHRINE

Founded by Yogananda in 1950, this gorgeous lakeside meditation garden has a windmill-shaped chapel, lotus shrine, and a contemplative atmosphere for meditation.

EAT

HOLBOX

Historic South Central L.A.'s Mercado La Paloma may not be where you'd expect to find a Michelin-listed restaurant with an 8-course tasting menu and a nod from James Beard. Holbox uses sustainable seafood and local ingredients for high-end Mexican food at affordable prices. Kiki's favorites are the scallop tacos and the pulpo asado, but everything she's tried on multiple visits has been exquisite.

RAINBOW ACRES

Before Wholefoods and Erewhon, there was Rainbow Acres. An OG west-side spot, family -owned since 1981. This is a well stocked and worthy stop for nutrient-dense health-food and supplements. They have grab 'n go salads, a juice bar, which don't require dealing with Erewhon's parking lot.

CAFE GRATITUDE

Kiki brings friends from out of town to Cafe Gratitude because an intentional vegan restaurant where you order in affirmations is... so L.A. The quality of the produce -sourced from regenerative farms- makes for vibrant, vital food. And the Rose Ave location is good for celebrity spotting, an added bonus for those out-of-towners.

SELF-CARE

REMEDY PLACE

Remedy Place is a beautifully-designed wellness club with ice baths, sleek hyperbaric chambers, saunas, group classes (breathwork, meditation & restorative yoga), and health treatments. It's basically a spa for biohackers. The lounge is great for non-alcoholic happy hours or for getting some work done while before that ice bath dopamine wears off.

OLYMPIC SPA

Mel & Kiki love Korean Spas and LA has an abundance of them. While many are great, the women-only Olympic spa is the most beautiful, having been recently updated, and their scrubs are some of the best in the city.

SHOP

SOLAR RETURN

Stephen and Tracy McCarthy have created heaven in Echo Park. It comes in the form of a tiny rainbow filled shop, filled with consciously curated and specialty vintage gifts, as well as Stephen's handmade, insanely delicious *and* beautiful raw vegan cheesecakes. You really can't go wrong if you need to find a gift with meaning, beauty and nourishment on all levels.

RE GROCERY

A refill grocery store who says no to plastic altogether and has beautiful aesthetics: welcome to L.A. Re carries over 500 refillable bulk goods of the highest quality organic, non-GMO, and clean products. Bring your own containers, buy their glass jars, or shop with their 100% post-consumer recycled paper bags. It's affordable, cute, and clean and there's currently 3 locations: east, west, and Studio City.

BANKS JOURNAL

This menswear brand in the ROW DTLA uses organic cotton, polyester from repurposed soda bottles, and PVC- and phthalate-free inks. They've perfected surf-casual and the store is well merchandised and designed.

HOTEL JUNE MALIBU



SOLAR RETURN

SECULAR SABBATH





SAGE + SOUND

BY

Ciela Wynter



Ciela Wynter is an astrologer, author, inner work guide, sound facilitator, and artist who's been in the wellness space for over 20 years. For a multi-hyphanate like her, New York City offers an abundance of modalities, practices, and spaces to promote well-being, offer inspiration, and nourish, which is why she calls this city home.

CIELAWYNTER.COM

MOVE

MODO YOGA

If there is one place in NYC that welcomes all, can hold it all, and transmute it all with enthusiasm, grace, and a lot of fire, it is MODO. Founded on the principles of the relationship of the body and the planet as one, they provide a radical forge of heat to inspire transformation through your body and into the world.

BODYWERK

Dancing through rhythms, feeling the pulses within your spectrum of emotions, and embracing exalted states of being, Bodywerk is a spiritual experience of communion with all that is. Facilitator Nico Allen is a disruptor of the ordinary and while he honors the 5Rhythms as his vehicle for change.

SOUK STUDIO

Sweat and evolve your mind through the powerfully curated and consciousness-expanding offerings at this heart-of-Manhattan sanctuary: highly-refined yoga classes (Jivamukti, Iyengar, Ashtanga, and Vinyasa), exceptional kirtan, world-class sound meditation, and Frequency Breathwork.

FIND ZEN

ELIZABETH STREET GARDEN

How many mystical gardens grow in the city of New York? Many, but this community garden that has been so deeply beloved for nearly 200 years. Part statuary, part English castle terrace, you are bound to get lost in time as you find a secret nook to meditate or read a book in.

RUBIN MUSEUM

The Rubin Museum entices through an exquisite design sensibility, a temple of ancient spiritual relics, revolutionary education, and profound personal memories of lives before.

ACUPUNCTURE

There is something powerfully zen about attending to your health and well-being through acupuncture amidst the frequency that is Manhattan. There's cult favorite of New York yoga practitioners, **RICHARD BARAN**, or **JEN BECKER**'s curated experience. If you're feeling depleted, try **WITHN**'s "Fast Forward" (you'll thank me later).

MEDITATE

The protege of the late Sally Kempton, **ELIZABETH ROSSA** is a meditation teacher with decades of deep spiritual study. **GEORGE MACPHERSON**'s exploration of the inner worlds through vibration and sound help you go deep, go in, and listen.

EAT + SIP

THE WELL: KITCHEN & TABLE

The Well is locally sourced, in rhythm with the seasons, and a diverse menu to appease most palettes and dietary needs. You'll be delighted by the magic on your plate. Enjoy before or after experiencing their top-of-the-line spa treatments as an added bonus.

MATCHAFUL

Serpentine-colored marble juxtaposed with brass features in a light-filled cloud of a space is enough to seduce anyone into the sensual anticipation of their favorite beverage. Their matcha is excellent and sustainable. If I could give it a Michelin star, I would.

DIVYA'S KITCHEN

Plant-based and made from scratch. The depth of care as to how and where they source their ingredients is something you can taste while receiving a subtle education on how you can eat to balance your doshas in this Ayurvedic restaurant.

SHOP

ERMINE

Tucked into a bedazzling intimate storefront next to Credo (another favorite) on Prince Street, is Sylvie & Raphael Buchler's artisanal and handcrafted jewelry. Their collaborative creations feature edgy design, textures, matted tones, and high-quality sourcing of gems, crystals, and stones.

KATE MCLEOD

Kate embodies the combination of elegance, alchemy, and beauty that perfectly describes her beauty products (and gorgeous sustainable packaging). All made from scratch from the highest quality and ethically sourced ingredients. She intuitively transformed from creating pastries with cocoa butter to the Body Stone to heal her skin.

SELF-CARE

SAGE + SOUND

A thoughtfully-envisioned community space, spa, sanctuary, and nourishing cafe for deep healing and relaxation. Enjoy one of their facials - as luxurious and rejuvenating as a full-body massage - and attend one of their many daily sound meditations, inviting you into new states of bliss and awareness.

HOLOS

Just above Union Square is a portal into healing consciousness; a Spa, yes, but also an invitation to experience cutting-edge technology that can literally transport and transform your state of mind and body. Rejuvenate your cells on the Theraphi, detox in the Hocatt, float into bliss in the Infinity Float, or be sonically rearranged in the Quantum Flo.

CLEAN MARKET

Clean Market's IV Drips come in all 'flavors' of support while the juxtaposition of their infrared sauna and cryotherapy is bound to bring anyone into the afterglow of renewal.



THE WELL: KITCHEN & TABLE



MODO YOGA BY KATIA REPINO



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PHOTO COURTESY OF TRAUM

A GUIDE TO

TEA SPACES

with Global Tea Hut

This article was written by our community partners Global Tea Hut receive 15% off the first subscription with the code: tea spaces



JAPANESE
Japanese tea spaces, also known as “chashitsu” or “chashitsu-an,” embody simplicity, elegance, and Zen aesthetics. With tatami flooring, sliding doors (fusuma), and low tables (chabudai), these serene rooms create a peaceful atmosphere for tea gatherings. The “tokonoma” alcove serves as a focal point, displaying seasonal artwork or flower arrangements.



MING DYNASTY
During the Ming Dynasty, tea spaces embodied refinement, artistry, and a deep connection to nature. Known as “chaliao,” these tea rooms showcased traditional Chinese calligraphy, paintings, and intricate wood carvings. These spaces also served as social and intellectual hubs, fostering discussions on art, literature, and philosophy. The harmony, beauty, and cultural refinement of Ming Dynasty tea spaces continue to shape tea culture to this day.



TAIWANESE
Taiwanese tea spaces blend traditional and modern elements, creating an inviting atmosphere that reflects the country’s rich tea culture. These spaces feature a harmonious combination of wooden furniture and contemporary design, striking a balance between heritage and innovation.

Mel's Favorite TEA SPACES



1.

TRAUM CDMX

My friend Kim Ficaro took me to this beautiful new space by Juan Pablo Heredia on a recent trip to Mexico City. It's my favorite tea space or space in general! The intention, care, craftship and detail is perfection. Juan gave us a private tea ceremony, moody and only lit by candlelight. I'll never forget the thick steam from the tea and the thunderstorms as our audio backdrop. Exquisite space, definitely go if you're in CDMX.

TRAUM-CDMX.COM



2.

PUERH BROOKLYN

After traipsing around Manhattan and Brooklyn all day it's always grounding to land at Puerh Brooklyn. If you need to re-up on your teas while traveling or looking to connect with the tea community in New York this is your spot. It was also a nice surprise when watching the film "After Yang" starring Colin Farrell and Jodie Turner-Smith to see the space featured so much. Stunning and legit in its heritage and innovation.

PUERHBROOKLYN.COM



3.

OJAI TEA HUT

Global Tea Hut opened its first gathering spot outside of Taiwan in a cozy and intimate space located in Ojai, just north of LA. The tea space is down a quiet garden path, reminiscent of a Western roji or "dewy path." Hosted by Morgann De'marks, the tea space hosts various ceremonies, tastings, and occasional workshops. The space is filled with tea spirit and there's some offerings to take home with you too: tea, tea ware, and incense.

[@OJAI_TEA_HUT](https://www.instagram.com/OJAI_TEA_HUT)

High Vibe Herbal Mocktails

Some of our favorite herbalists mixed up healing cocktails using DRAM sodas & bitters. Tara Lanich-LaBrie, a culinary herbalist and forager, CEO of The Medicine Circle, and author of the book *Foraged and Grown: Healing, Magical Recipes for Every Season* created a summery peach bellini. Rachele Robinett, founder of Pharmakon Supernatural® & HRBLS mixed up a sexy, smoky CBD mocktail and relaxing raspberry mocktail to elevate your happy hour.

Peach & Tulsi Sunset Bellini

- 1 CAN** DRAM Tulsi & Lemon Sparkling Water
 - 10 OZ.** Frozen Peaches (or substitute any fruit)
 - 2.5 CUPS** Ice
 - 3 TBSP** Rose Syrup (or honey/maple syrup)
 - 2 DROPPERS** Dram Lavender & Lemon Balm Bitters
 - 1 TBSP** Dram Black Bitters
- Marigolds and salt (or sugar) for the rim
Peach slices and fresh mint, lemon balm, or tulsi to garnish

DIRECTIONS

- Add the sparkling water, frozen peaches, ice, bitters, and syrup to a blender and blend on high.
- Roll the rim of your glass in syrup and then on a plate of the salt/plant mixture.
- Use sugar for a sweet rim.
- Pour the drink evenly into the glasses, each with a peach slice and fresh herb, with more bitters to taste, and enjoy as the sun sets!



Relaxing Raspberry Mocktail

- 1/2 CUP** Rose tea
 - 1 SERVING** Magnesium glycinate powder
 - 1 TBSP** Defrosted raspberries, mashed
 - 1 TSP** Freshly squeezed lemon juice
 - 1/4 CUP** DRAM's Holy Basil & Lemon Adaptogenic Sparkling Water
- Fresh raspberries
Rose petals

DIRECTIONS

- Make rose tea, strain & cool
- Add magnesium glycinate powder
- Add in raspberry puree, stir
- Add in lemon juice
- Pour into a cocktail glass with ice
- Top with sparkling water
- Garnish with fresh raspberries & rose petals

PHOTO CREDIT: NASAN FITZ-HENLEY



PHOTO CREDIT: WELL+GOOD

Smoky Palo Santo Cocktail

DIRECTIONS

- Smoke glass with palo santo (optional)
- Add herbalized ice (I used hibiscus-rose tea and rose petals)
- Fill with DRAM's Lavender & Lemon Balm Sparkling Water
- Finish with a few drops of DRAM's Palo Santo Cocktail Bitters
- Add a couple drops of their water-soluble CBD Cloud Drops for extra get-down



VISIT DRAMAPOTHECARY.COM FOR BOTANICAL SPARKLING WATERS + BITTERS



CODY CHANNEL

SIDEREAL

Gift Guide

Sidereal Astrology means “to follow the stars” and is an Eastern Astrological practice. Sidereal is an ally to the western system, keeping our charts “multidimensional” by focusing on where the planets are Astronomically, accounting for a 1 degree shift each 72-ish years, and where the constellations actually are, which is 23 degrees behind Tropical or Western Astrology. While Western astrology is connected to the seasons of the earth, Sidereal is for those seeking to understand who they are beyond this dimension.

Cody Channel –energetic alchemist, healing channel, and evolutionary sidereal astrologer for the new timeline– shares what 2024 looks like for each Sidereal sign. CODYCHANNEL.COM

All readings here are for your Sidereal sign/ rising sign. If you would like to know your Sidereal sign, you can use an online calculator, or find an expert like Cody to read your chart.

Virgo

Virgo will receive abundance and gifts quite easily from now until the middle of 2024. You may align with soul mates through fated encounters through most of 2024. You may also feel more selfless than usual, but try not to get lost in the demands of others. With Saturn in your house of Joy, you have an opportunity to raise the bar and come into alignment with what is most meaningful to you this year. You may be receiving a lot of invitations over the next few months, but be selective. Be clear with your needs and desires so you don’t fall into old habits and patterns into Spring 2024.

GIFT: Shiva Rose’s Milk Bath and Venus Body Oil as you spend some time relaxing into self care and pampering.

Libra

For Libra, the year begins with a whimsical and expansive flair in your houses of partnership and romance. Neptune and Jupiter may bring you in touch with people who feel like gifts from the universe. In order to receive these blessings, make sure to release your 12th house energy of limiting beliefs and confusion by taking time to reflect. You will be spending a lot of quality time with those most special to you. As you have just recently ended a cycle of relocating or redecorating your home, perhaps host something special. Venus is shining on your appearance sector so this is a great time to try something new or buy that hat you have been eyeing!

GIFT: Living Libation’s Ultrasonic Aromatherapy Diffuser with their Sacred Sage Meditative Chirm.

Scorpio

Your inner child will be in the driver seat until next fall, so allow yourself to follow your joy and inspiration above all else. Instead of large gatherings, create space for more intimate and meaningful moments. Your family may need you more than usual. Check in with your own emotions first so you can be more present with them. This is a great time to communicate your ideas and visions; you will be supported to launch and communicate your next plan of action in your work or community. As soon as you make clear decisions, things that had a hard time getting off the ground are suddenly coming into place.

GIFT: A hand-made Native American Flute by Guillermo Martinez.

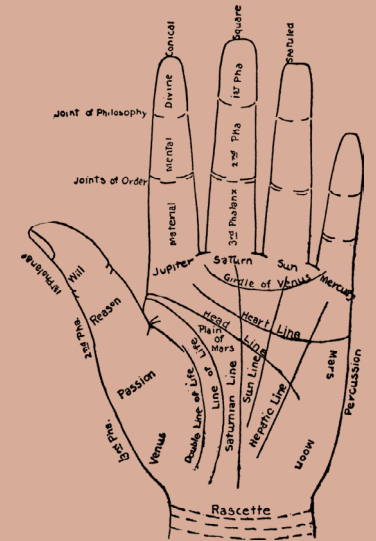


FLUTE BY GUILLERMO MARTINEZ

Capricorn

Capricorns may have many opportunities to re-invent themselves, so address your self worth and value first. Expand your financial vision as you allow your old stories to dissolve and new structures of support to come. Be sure to write down your visions and cast your net wide for 2024. Socially, you may feel called to gather more than usual in spaces that light you up, or even lead a community event.

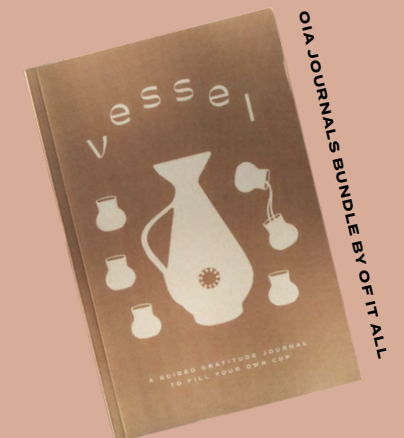
GIFT: The Oia Journals Bundle by Of It All to journal those visions.



Sagittarius

Sagittarius may be planning to host a big event or a decorating spree. With Saturn touring your house of material gains, 2024 will bring a new or more solid financial foundation. It’s a great time to take action on any project you may have put on the back burner; the stars support your ability to be materially focused and prosperous. You may be called in many directions as short distance travel is indicated throughout 2024. Your magnetism is strong so it’s a great time to check in with your self concept to be sure you are seeing yourself as the confident being that others look up to and admire!

GIFT: A Hand Analysis (aka Palm Reading) session with Richard Ungar.



OIA JOURNALS BUNDLE BY OF IT ALL

Aries

Aries, you have started a new cycle of spiritual upgrades and growth that will continue throughout the year, allowing you to focus on your deepest dreams and visions. You may feel called to retreat or travel to far off distances or take some alone time to finish writing or reading that juicy novel. At the same time you may be receiving a lot of offers in romance and in friendship to grow and deepen your relationships. Try to balance your busy social calendar with the demands of your growing spirit to break through those self-imposed ceilings. Uranus is shaking things up for you, so get used to doing things outside your comfort zone.

GIFT: A pair of Lauren Brinkers' beautiful hand painted shoes.



Aquarius

For Aquarius, you will step into your power this year. Beginning January 2024 until 2025, let go of people and patterns that do not serve you. With Venus in the 8th house sector of other people's money and Jupiter in your 2nd house of material gains, you may receive a bonus or raise. It's a great time to make important investments so plan taking some time to compare your options. The rest of the chart supports big sweeping changes in the way you think, so allow yourself to make positive changes that support your abundant opportunities this year ahead! With planets obscuring your 1st house, tune into some trusted advisors to get a second opinion or to see your blind spots.

GIFT: A personal Mindful Guidance Session with Carlotta Santamaria.

Pisces

Pisces, reflect on what no longer serves you in order to expand your future identity. You are stepping into more confidence and may feel like sharing your ideas, particularly in the first few months of the year. Jupiter is in your 1st house, lighting up your ability to manifest your thoughts effectively through inspired action through 2024. You may feel inspired to give or invest in new and innovative technology as Uranus is in your 2nd house of material gains. You are entering a 2-year cycle which calls you to understand your connection to your consciousness. Saturn in the 12th house encourages the implementation of boundaries in all areas of life.

GIFT: The Healy or the Mag Healy — frequency devices designed to harmonize your bioenergetic field.

Taurus

Taurus will be called to be in many places at once, particularly in work, with Saturn in your career sector. With Venus in your 6th house, you may be receiving more responsibilities in your job, even a promotion. Focus on community and social affairs, particularly where you are providing assistance or service. You may be called to start a foundation or join a local cause that you are passionate about! You will be in high demand by your close relationships. Balance out any anxiety through the modalities you know and trust throughout 2024. Others may request your expert advice, so go ahead and be generous with what you know, it's a gift after all!

GIFT: The Stamina Vitality Trio from Cultivate Elevate.



Gemini

For Gemini, new friends and invitations will be flowing in like champagne from now until the end of 2024. You may see the results of hard work come to fruition before the spring! You may feel more connected to your purpose or finding your purpose now than ever before. You are growing in powerful ways. With Pluto beginning its cycle in your 8th house of shared resources, you may find deeper connection with others and your ability to receive support. You may want to try a new exercise routine or breathwork class to make sure you can channel all of this energy activating you.

GIFT: A private breathwork session with Ashley Neese — or her new book, *Permission to Rest*.



Cancer

Cancer, you may want to take up a new course of study in a subject that you feel most drawn to throughout 2024. January onwards, you will be called to step into higher positions at work or expand your vision of the work you put out into the world. Your feelings will be less hidden, so allow your heart to express its desires and give/receive freely with your loved ones. Saturn will be assisting your commitment sector so this is a time for proposals or contracts from now into 2025. On a lighter note, it's a great time to make new purchases for your home that can transform your living space into a sanctuary with Venus in the home sector.

GIFT: A Peace Bell by Elliot Bergman.



Leo

This year, Leo, lean into developing intimacy and trust with others. Anything that encourages healing or alchemy in this area is highly encouraged in order to make the most of 2024! With Jupiter in your travel sector throughout 2024, you may be gifted with a trip or choose to spend the holiday on a remote island with a new book. You may feel like leaving behind the more mundane responsibilities in favor of something entirely new, but Saturn in your work sector will keep you busy and tied to something stable and foundational to support these higher visions. With Venus in your 3rd house of communication, you may feel very generous with your gift giving and compliments, but be careful not to overdo it! Say yes to invitations that push you out of your comfort zone!

GIFT: Pohala Fern Nauā Edible Hydrosol which correlates to the emotion of “tenderness” and helps us to nurture our higher self in order to share and express our gifts with others.



PAID FEATURE

A GUIDE TO

Getting High *Naturally*

HIGHERDOSE SEAMLESSLY BLENDS ANCIENT WISDOM WITH CUTTING-EDGE TECHNOLOGY TO HELP YOU INFUSE MINDFULNESS INTO EVERY MOMENT OF YOUR DAY.

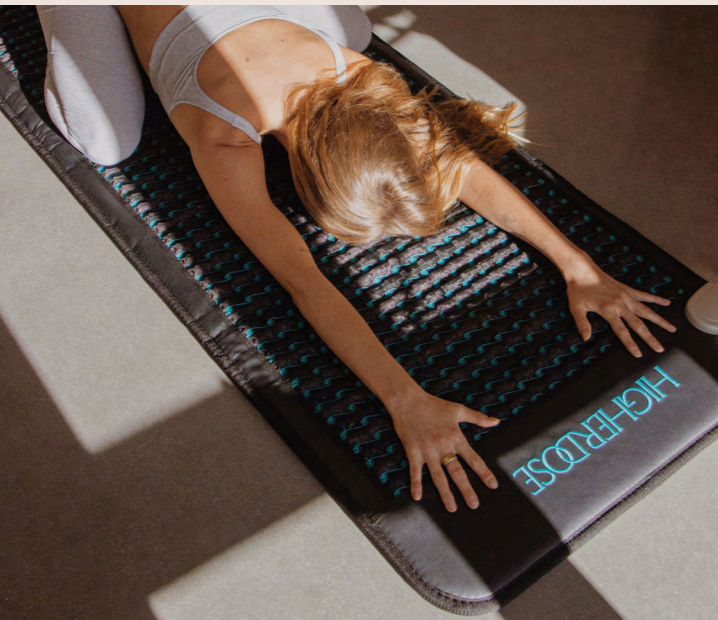


The **Infrared Sauna Blanket**, encapsulates the advantages of a classic sauna by harnessing the power of the sun in a portable and comforting blanket. Immerse yourself in the detoxifying warmth of infrared, watch stress melt away, and delight in the release of dopamine, oxytocin, serotonin & endorphins—embodying the essence of DOSE in HigherDOSE.

The **Red Light Mask & Neck Enhancer** are FDA-cleared technology that not only enhances your natural beauty by boosting collagen for radiant skin from within but also contributes to promoting tranquil and restorative sleep. Bid farewell to stress-induced skin concerns and welcome a rejuvenated you.



The **PEMF Mat** offers a grounding experience that supports deeper meditation without the extra effort. In the midst of a bustling day, don't forget to center yourself. Feel the connection to the Earth's energy with the power of PEMF & Infrared.



HIGHERDOSE



The Directory

A paid directory listing of some of the creators, teachers, healers, practitioners, wisdom-keepers and guides who list their events, classes, retreats, workshops and experiences on consciouscityguide.com. Review listings were also paid for and reviewed by Conscious City Guide team members and our friends. *Book, enter, engage at your own risk, or healing.*

- 1 Acupuncture
- 2 Astrology+Tarot+Human Design
- 3 Akashic Readings
- 4 Beauty
- 5 Bodywork
- 6 Breathwork
- 7 Channeling
- 8 Coaching
- 9 Creativity
- 10 Energy Medicine
- 11 Equine Therapy
- 12 Flower Medicine
- 13 Good Goods
- 14 Healing
- 15 Oracle Reading
- 16 Nutrition
- 17 Therapy
- 18 Retreats



Acupuncture

Soho Acupuncture

LOCATION: New York

WHAT IT IS: A dedicated Acupuncture & Chinese Herbal Medicine Practice nestled in the heart of NYC which seamlessly integrates acupuncture, Chinese herbal medicine, and Chinese nutritional principles, offering a holistic and integrative approach to wellness. *Price: \$65 – \$215*

REVIEW: NYC is known to have hidden gems sparkling throughout that one may stumble upon by simply entering into a space yet discovered. I recently had one of these glittering experiences off-Broadway, up an elevator, and into the majesty that is Soho Acupuncture by Jen Becker. First, the decor. I felt like I was wrapped in care from the moment I walked in. The aesthetic is gorgeous and so deeply thoughtful, from the choice of rugs, plants, and books to read, to the colors, lighting, teas, etc. And then there's Jen. I immediately felt so welcomed and could also rest in her presence. She already seemed to know what I needed and yet still intently listened to my concerns. I've experienced a lot of acupuncture before and Jen and her team truly bring forth a level of both professionalism and compassion that really sets a tone for deep healing. I left feeling invigorated and integrated, so balanced and recharged. Plus, for those who are attuned to the surrounding environment, the view from the healing room is one of a kind and so inspiring. I highly recommend booking a session and discovering what gems you can uncover here. – *cw*
JENBECKERACUPUNCTURE.COM | @SOHOACUPUNCTURE_BY_JEN_BECKER

AcuVida Acupuncture

LOCATION: Los Angeles

WHAT IT IS: Dr. Zelina Medina became a doctor after healing herself from Lupus naturally, utilizing the exact same methods she applied with her patients and clients. She empowers patients by reminding them of their own divine healing intelligence. *Price: \$50 – \$5000*

REVIEW: Nestled in the back of Kinship Yoga studio in Highland Park, AcuVida Acupuncture offers both Traditional Chinese Medicine and ozone therapy. Dr. Zelina Medina listens. Deeply. And more importantly, she knows the right questions to ask. Having dealt with an autoimmune disorder since my teens, I know how rare it is to find a holistic health practitioner as knowledgeable in the full spectrum of autoimmune symptoms and triggers. Her hand was light while placing the needles, and (as a lovely touch) she played a guided meditation while I rested and the needles did their work. This gave her time to come up with a treatment plan, including herbs and nutritional advice. She also practices ozone therapy, including vaginal, rectal, and full-body sauna. I had ozone administered to my ears and felt both energized and grounded afterwards. – *KF*

ACUVIDAACUPUNCTURE.COM

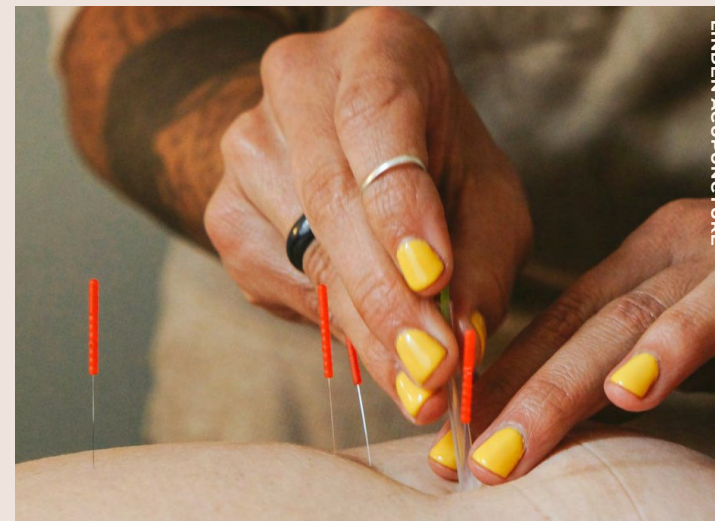
Linden Acupuncture

LOCATION: Los Angeles

WHAT IT IS: Adrienne is a licensed acupuncturist, herbalist, and functional medicine practitioner who specializes in hormonal and women's health, fertility, Esoteric acupuncture, emotional healing, holistic micro needling, and facial and cosmetic acupuncture. *Price: \$50 – \$400*

REVIEW: I went in with a migraine and left feeling so refreshed! The outside of the building made me think I was in the wrong spot, but Adrienne greeted me, and we went into the acupuncture room which was such a tranquil and safe space to be in. We proceeded to talk about my expectations of why I was there and delved into my whole holistic health history which took about an hour. I found this process to be quite healing and made lots of realizations along the way. The treatment was relaxing. I loved her use of essential oils and the bio-electric magnetic table I was laying on that contained amethyst and apparently recharges the mitochondria in the body. She also did cupping which I wish had lasted longer. She additionally sent a follow-up email with what we talked about before my session, and I have a new list of vitamins and health tips to keep my migraines at bay. – *PC*

LINDENACUPUNCTURE.COM | @LINDENACUPUNCTURE



LINDEN ACUPUNCTURE

DM ACUPUNCTURE

LOCATION: Brooklyn, NY

WHAT IT IS: The mission of DM Acupuncture is to assist patients in improving their health and wellbeing through treatment, empathy and education. They specialize in musculoskeletal conditions and help you improve mobility and pain reduction. *Price range: \$45 – 150*

DMACUPUNCTURE.NYC | DMACUPUNCTURE



AKASHIC GLOW

Akashic

Akashic Glow

LOCATION: Online & Los Angeles

WHAT IT IS: Akashic Reading, Akashic Instruction & Akashic Breathwork. Think of Breathwork as an Akashic Reading for your body, locating all forms of trauma held in the body to release it. Akashic Instruction is an individual workshop designed to allow you access to your own Akashic realm. *Price: \$271*

REVIEW: A warm voice greeted me when I jumped online for an Akashic Reading with Krista. She began by letting me know that Akashic Reading isn't fortune-telling, however, during the session, I was given surprisingly accurate insights about my work, energy, and creativity. With a gentle voice and caring tone, her session felt like both a prayer and a therapy session. Instead of giving me predictions or specifics, the session illuminated areas in my life that had potential for growth and affirmed the path I was on. I didn't need to tell her about my life, which is why I'd recommend this session for anyone who doesn't feel aligned to traditional therapy, but who could use some gentle guidance. - KF
AKASHICGLOW.COM | @AKASHICGLOW

Energetic Well

LOCATION: Online & NYC

WHAT IT IS: In this Akashic reading, you can access this wisdom to seek guidance on whatever concerns you may be working through in the present. Healing is received while you are in the elevated vibration of the Akashic realm. *Price range: \$120 - \$130*

REVIEW: I had no idea what to expect when I signed up for my first Akashic Records Reading, yet I felt compelled to experience it. I could have had a remote session but I opted to meet Jo-Anne in person in her Manhattan healing space. The aesthetic was so soothing, that I immediately felt relaxed and ready to receive. Jo-Anne is very welcoming and subtle in the way she reveals her powerful gift throughout the session. Her eyes were very clear and her energy even more so. This was not just a typical tell me what to do experience, but rather more of an invitation for conversation and co-participation. I laughed, cried, and left feeling more seen than I have in a long time. I highly recommend this journey of the soul, either in person or from the comfort of your own home. - cw
ENERGETICWELL.COM | @NRGWELL

ENERGETIC WELL



Readings

HILARY PEARLSON

LOCATION: Online + Palm Beach Gardens, FL

WHAT IT IS: An Akashic Reading to remind you of your own power, to hold a mirror up as you remember your innate intuitive knowing, and to teach you how to utilize the magic of the Akashic Records to co-create the life and business of your dreams. *Price: \$444*
HILARYPEARLSON.COM | @HILARYPEARLSON

JENNIFER GASPERS

LOCATION: Online + Chicago

WHAT IT IS: Restorative & holistic therapies proven to renew and build bodies & Akashic readings to lift you up with compassion and awareness. *Price range: \$100*
JENNIFERGASPERS.COM | @JENNIFERGASPERSLLC

SARA HOPMAN

LOCATION: Online + Phoenix

WHAT IT IS: See your life through the eyes of your Soul with an Akashic Records Reading. Receive empowering insights that bring clarity and confirmation. Clear energetic blocks that have kept you stuck. Reconnect with your higher purpose and divine potential. *Price range: \$120 - 200*
SARAHOPMAN.LOVE | @EMBODYING_THE_LIGHT



HILARY PEARLSON



JENNIFER GASPERS



SARA HOPMAN

Astrology & Tarot & Human Design



SOPHIA KNAPP

Sophia Knapp

LOCATION: Online & Los Angeles

WHAT IT IS: A Clairvoyant Tarot Reader, Astrologer, Spiritual Mentor, and Musician. Sophia offers remote sessions as well as in-person experiences worldwide. *Price range: \$125 - \$375*

REVIEW: I loved the blend of Sophia's astrological insight of my chart along with the symbology of the Tarot. She intertwines your personal energetics with the archetypes of the cards, delivering clear, personal and specific forecasts. I also love that Sophia's personality shines through in her readings. If you want someone who feels like a friend and has joy in their delivery - Sophia is for you. - MN

TAROTBYSOPHIA.COM | @SOPHIAKNAPP



VICTORIA JANE

VICTORIA JANE

LOCATION: Los Angeles

WHAT IT IS: Victoria is a Astrology + Human Design guide who has supported hundreds of clients in their growth process. Using Human Design and the nervous system, she facilitates the liberation and embodiment of your frequency. Single sessions and ongoing mentorship available. *Price range: \$333 & up*

VICTORIAJANE.CO | @VICTORIAJANE.HD

CLARISSA DOLPHIN

LOCATION: ONLINE + Los Angeles

WHAT IT IS: One of the few practicing harmonic astrologers in the world, Clarissa Dolphin (BA, MA, PAC) offers "spot on" Human Design & Astrology readings, say "mind blown" clients who are navigating relationships, career, soul purpose.

Price range: \$150 - \$300

SIDEREALSOUL.COM | @CLARISSADOLPHIN

STEVIE CALISTA

LOCATION: Online + Asheville

WHAT IT IS: A Soul Blueprint Alchemist who uses astrological wisdom to empower conscious women to align to their unique Soul Blueprint and live on purpose without self-judgments, inauthenticity, or conformity to rules. *Price range: \$333 - \$555*

STEVIECALISTA.COM | @FARMHOUSEMOON

HANDS OF MERCURY

LOCATION: Online + Portland

WHAT IT IS: Hands of Mercury provides 1:1 and communal offerings devoted to self-inquiry and sacred ritual for navigating every cosmic cycle. Tap into soul and ancestral wisdom through a variety of astrology consultations, tarot, reiki, and cacao ceremonies.

Price range: \$60 - \$250

HANDSOFMERCURY.COM | @HANDSOFMERCURY

Ciela Wynter

LOCATION: Online & NYC

WHAT IT IS: Having taught thousands of students worldwide, Ciela is an Inner Work Guide, Author, Executive Leadership Coach, Astrologer, Sound Facilitator, and Human Design Reader.

Price range: \$111 – \$234

REVIEW: I recently had the privilege of experiencing an Astrotherapy session with Ciela Wynter. From the moment it began, I felt a deep sense of comfort and trust in her. She skillfully blended astrology and therapy to guide me on a journey of self-discovery. The insights gained through the session were both illuminating and incredibly accurate.

I highly recommend Astrotherapy to anyone seeking self-discovery, personal growth, and a deeper connection with their own inner wisdom. It was an experience that guided me in the present moment to remind myself who I am, why I am, and the permission slip to be. I'm grateful for the opportunity to be blessed with this download. – LR

CIELAWYNTER.COM | @ASTROTHERAPYSESSIONS

CIELA WYNTER BY PHOTO BY LINDSAY LINTON BUK



WILD WITCH OF THE WEST

BARNEY AND FLOW

LOCATION: New York

WHAT IT IS: Barney and Flow offers cosmic integration, sovereign embodiment, deconditioning and vibrational alignment from a cosmic trinity, human design, and astrology lens. Amanda "B" Barnett has a BS in Psychology, is a Certified Emotion Code Practitioner (CECP) and is a Human Design Guide incorporating the Gene Keys + Traditional Hellenistic and Modern Astrology.

Price range: \$44 – \$3,333

BARNEYANDFLOW.COM | @BARNEYANDFLOW

WILD WITCH OF THE WEST

LOCATION: Online + San Francisco

WHAT IT IS: In-depth and intuitive astrology readings for aligning heart and heavens. Rebecca –aka Wild Witch of the West– has more than 13 years of experience and offers one-on-one sessions, astrocartography and relocation readings, and classes. **Price range:** \$44 – \$333

WILDWITCHWEST.COM | @WILDWITCHOFTHEWEST



Honored Body

LOCATION: Online & Portland

WHAT IT IS: Combining hands-on CranioSacral Therapy and Restorative Bodywork sessions with Human Design Readings and Somatic Coaching to treat pain and dysfunction in the body and the spirit. Alexandra Diamond is an Upledger certified CranioSacral therapist, LMT, and Human Design Counselor. For those looking to walk the path of their authentic self, Honored Body offers INITIATION, a 3-month coaching and mentorship container that supports profound transformation and fosters your creative expression. **Price range:** \$125 – \$2600

REVIEW: This session came when I really needed it. I'm in my Saturn return and I have been feeling it! Alexandra's human design reading was a deliciously grounding experience. I felt so validated in the hectic chaos that has been the last couple years and feel like I have greater knowledge moving into the next few years. If you're looking for a healing, informative human design reading or are just curious to learn more, Alexandra is a dream! – MT

HONOREDBODY.COM | @HONOREDBODY



HONORED BODY

Beauty

JOOMEE SONG

LOCATION: Los Angeles

WHAT IT IS: Joomee Song created KAIKA™, a revolutionary facial massage, she is also an author who combines decades of working with clients of all skin types and an intuitive approach to contour the face and changes one's skin texture using her coveted technique. *Price upon request.*

JOOMEESONG.COM | @JOOMEE_SONG



TAKE CARE FACE & BODY

TAKE CARE FACE & BODY

LOCATION: Venice, CA

WHAT IT IS: The Take Care collective offers facials, sound & energy work, TMJ massage, and microcurrent treatments. Through our holistic approach we improve communication between muscles, tendons, fascia and bones for revitalized skin & balanced energy channels. *Price range: \$150 - \$500*

TAKECAREBODY.COM | @TAKECARE.BODYMIND



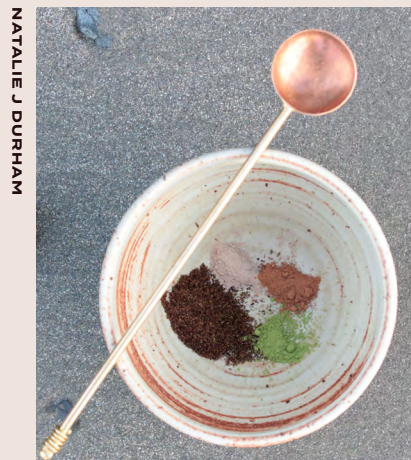
JOOMEE SONG

NATALIE J DURHAM

LOCATION: Online + Portland, ME

WHAT IT IS: Radiance through the ancient wisdom of Ayurveda and ritual skincare. Therapeutic touch activates, nourishes and rejuvenates skin + spirit. Home care rituals foster self awareness, connection + glow Learning empowers lasting balance + wellness. *Price range: \$65 - \$225*

NATALIEJDURHAM.COM | @NATALIEJDURHAM



NATALIE J DURHAM

Sacred Skincare

LOCATION: Manhattan

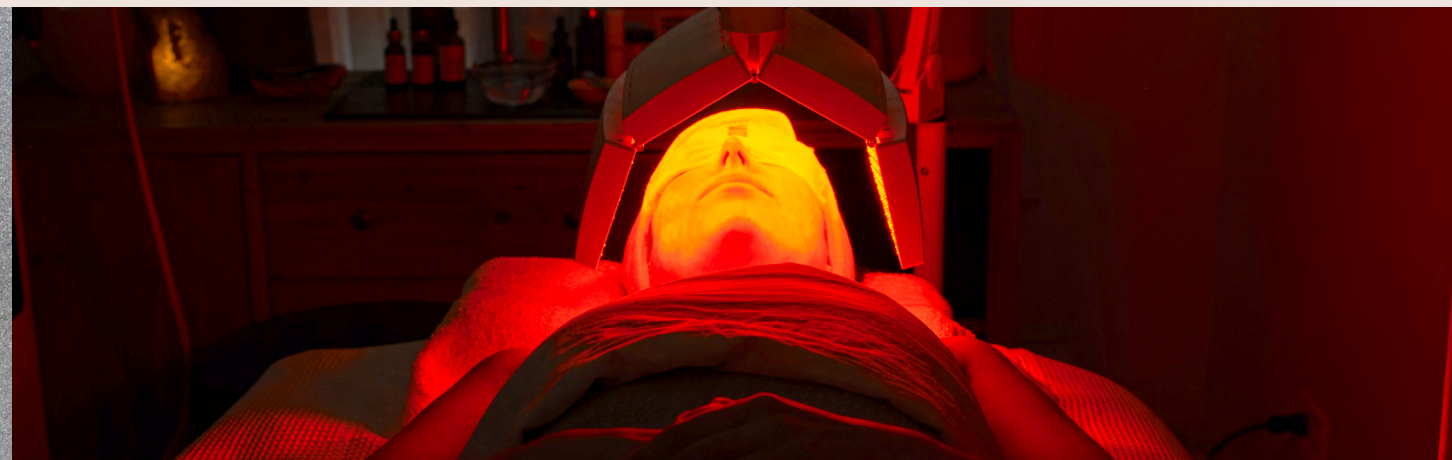
WHAT IT IS: A holistic med spa that offers integrative skincare services that not only help you reach your skincare goals, but also leave you feeling renewed by looking to our inner wellness—viewing the mind, body, and skin as one. Specializing in a range of beauty and wellness services—from luxurious facials and advanced cutting-edge skincare to hair removal and organic sunless tanning.

Price Range: \$16 - \$599

REVIEW: Nestled within downtown Manhattan, Sacred Skincare is a welcoming haven. The spa offers a curated menu of holistic treatments that promise to cater to your skin's unique needs. The skilled therapists at Sacred Skincare are adept at tailoring treatments to provide you with transformative results, and create a safe space for personalized and gender-affirming care. The spa offers facial options that include laser facials, peels, micro needling, and other advanced skincare treatments, as well as laser hair removal and other body services.

I opted for their “Skin Levitation Facial”, which is a favorite for many clients. The facial began with an aromatherapy cleanse and steam and a skin analysis, and I quickly melted into a relaxing experience. My esthetician Stephani used high-quality aromatic oils on my skin that smelled and felt sublime on my skin. The facial also included a gentle peel, and an exceptional, extensive Gua Sha facial massage. This was followed by a thorough Laser Genesis therapy to stimulate new collagen in my skin. Finally, the treatment was completed with a hydrating mask. At the end of a blissful 90 minutes, I was surprised at how extraordinarily fresh and lifted my skin was. I walked into Sacred Skincare looking tired and stressed, and re-emerged into the hectic city streets looking rejuvenated and radiant. I was floating after my treatment — just like the “Skin Levitation Facial” promises. — EF

SACREDSKINNYC.COM | @SACREDSKINNYC



Béla Gusta

LOCATION: Los Angeles

WHAT IT IS: Lauren Bradley is an energy healer and skincare formulator to LA's inner circle. Known for bringing beef tallow to luxury skincare, her quantum bioenergetic & metabolic restoration sessions have also garnered a dedicated following. "Together we will traverse your body's innate wisdom, guided through applied kinesiology (also known as muscle testing), to bring awareness to what is in need of transmuting. We dialogue directly with the body to track and reprogram blockages that contribute to frequency distortions and pH disruptions within the biological field to achieve overall reharmonization. As your guide, I ease you into paradigm shifts that facilitate healing across the interconnected physical, mental, spiritual and ancestral realms." **Price:** \$250 + up

REVIEW: I was really looking forward to my session with Lauren as I work with frequency myself and understood that it was a part of her Quantum Magnetism sessions. I was totally blown away with the depth of the session and what she was able to access relative to emotions and related pathogens, programing, even down to the DNA level. Her work resonated very much and I highly recommend working with her on any sort of issue be it physical or emotional. I truly believe this sort of work - quantum + frequency is the medicine of the future and Lauren is on the leading edge. - ML

BELAGUSTA.COM | @LAURENCBRADLEY



BÉLA GUSTA

PAID FEATURE



A GUIDE TO

Skincare from the Sea[®]

OSEA is clean, clinically proven skincare powered by a unique blend of seaweed and active botanicals to nourish your skin for results you can sea[™].

Undaria Algae Body Oil

Experience a rush of antioxidant-rich hydration with this seaweed-infused body oil clinically proven to instantly improve skin elasticity and deliver deep moisturization. Softens, nourishes and firms like no other for a toned, sculpted look. Mineralize, moisturize and glow.

Illuminated Perfume

LOCATION: Online & Santa Fe

WHAT IT IS: A perfumery using ancient practices that go back to distilling in copper pots, infusing, tincturing and the use of enfleurage. Alchemy and old world apothecaries intersect with visionary fragrances hand crafted from plants, capturing the invisible aromatic threads used to formulate beautiful, complex perfumes and experiences. **Price Range:** \$18 - \$1500

REVIEW: I came to Illuminated Perfume in a bit of a huff. However, as soon as I stepped into Roxana's space *everything shifted*. In the best way... Illuminated Perfume is the physical embodiment of multi-sensory consideration and rapture. From the mindfully curated space filled with copper stills, books to the ceilings, and vials blossoming with mystical scents, it is the Artists / Alchemist in residence's own exquisite archives of illustrations which gently fill in the larger picture of her inspiration: Nature and the Lost Arts. Roxana Villa's medium flows gracefully from scent to color to sight to sound to light to heart, her awareness of esoteric alchemy and ancient methodology is impressive. Her inclusion of locally wild-crafted New Mexican juniper, creosote, and pinon is deeply grounding and comforting. I left the space humming within the cloud of tuberose, pinon, chaparral, frankincense, and a bottle of her handcrafted hydrosol in hand. I cannot wait to return to her shop in a few days for a workshop on the powers of congruent color and to bathe in Roxanna's witchy, kind presence. This is one of those rare, mystically charged, multidimensional experiences where you cannot help but fall to your knees in gratitude and thank the Cosmos for bringing into your life. Magic is still very real on Earth! - NC

ILLUMINATEDPERFUME.COM | @ILLUMINATEDPERFUME



ILLUMINATED PERFUME



Undaria Algae Body Butter

Skincare meets body care in this next-level body butter infusing high-performance ingredients to address all signs of aging. Nutrient-rich Undaria seaweed, whipped shea butter and ceramides melt into the skin with this ultra-hydrating formula clinically proven to hydrate for 72 hours. Transform dry skin to soft, smooth, and supple.



Ocean Eyes Age-Defying Serum

A wake up call for tired eyes. This Allure Best of Beauty winner delivers anti-aging benefits where they're needed most. Lightweight gel formula with seaweed, hyaluronic acid and peptides smooths the look of lines while visibly reducing dark circles and eye puffiness. Discover brighter, youthful-looking eyes.

OSEA





AURA TONING

Bodywork

Aura Toning

LOCATION: Los Angeles

WHAT IT IS: Aura Toning is a unique workout that helps you transform your energy using movement, water, and light. The Aura Toning method works with the waters of the body to transform stagnant energy into new, living energy (light) helping us feel clear, radiant, and in love with life. This modality is offered as a mat workout, 1 on 1 session, and retreat experience. *Price range: \$30 - \$222*

REVIEW: As soon as Rianne entered our space, I felt a calming presence. Gentle, nourishing and confident, every movement had its roots in yoga but somehow felt completely distinctive because of the focused intention of connecting with water and our own waters within. Much more than a yoga class, it's a water ceremony and aura attunement through the movement of your own body, where Rianne lets you be healer, she is a true 'guide'. - MN

AURATONING.COM | [@AURA.TONING](https://www.instagram.com/AURA.TONING)



NOW MESSAGE SOUTH BAY

NOW Massage South Bay

LOCATION: Los Angeles

WHAT IT IS: The NOW is designed to serve as a sanctuary from the bustling city. Its aesthetic incorporates raw elements and natural materials to create a space to escape the daily pressures of life and recharge your energy and spirit through the healing benefits of massage therapy, high-quality, affordable massage services in an inspired setting.

Price range: \$65 - \$150

REVIEW: Not to sound too hyperbolic but this was one of the best massages of my life. I have a very sensitive body and massages can be a stressful experience for me. But with Chelsea, from the start, she built trust, and I could fully surrender and receive. She was firm but never to the point where I involuntarily shifted away. My body felt so listened to. Just from walking into NOW massage, I instantly felt relaxed and safe. The massage space is in one large room with tall ceilings, with each 'room' divided by ceiling tall thick cloth curtains. The sound of waves crashing on speakers throughout the room prevents you from hearing what's happening in other areas and it was really cozy. - MT

AURATONING.COM | [@AURA.TONING](https://www.instagram.com/AURA.TONING)

PRESS Massage

LOCATION: New York City

WHAT IT IS: At PRESS, get the pressure you want, exactly where you need it. Licensed massage therapists use medical massage techniques to give you the very best massage of your life, backed by science. They explore each body, discover the root cause of what's going on, and tailor your session to meet your needs. PRESS Massage Therapists are trained for 2023 because modern injuries need modern massage.

Price range: \$150- \$225

REVIEW: For me, receiving a massage is an intimate process, one that requires containment, trust and ease. Press Modern Massage has brought a beautifully curated healing vibe into the realm of convenience. My recent experience was so luxurious and deeply relaxing. I felt that gravity and I became one under the care of Xavier and his ability to attune to what my body needed. Tension slipped away and so did my mind. I highly recommend booking at Press as a means of providing yourself with ease and grace to face the day from a recharged body and mind. - cw

PRESSMODERNMESSAGE.COM | [@PRESSMESSAGE](https://www.instagram.com/PRESSMESSAGE)

PRESS MESSAGE



NOW MESSAGE SOUTH BAY



DR. GOPAL CABRERA, DC

LOCATION: Los Angeles

WHAT IT IS: Concierge Chiropractic Care: Each session will last about 1 hour and will include a combination of hands on deep tissue treatment as well as cutting edge therapeutic modalities like PEMF therapy, Therapeutic cold laser, compression therapy and more. *Price range: \$250 - \$350*

GOPALCABRERA.COM | [@DR.GOPALCABRERA](https://www.instagram.com/DR.GOPALCABRERA)

Breathwork



NADIA NARAIN

Nadia Narain

LOCATION: Los Angeles + London + Online

WHAT IT IS: The breath is the carrier of life force or prana or chi. The energy that runs through us which gives us vitality and life force. The depth, ease and comfort of the inhale reflects our openness to participate in life as it unfolds before and within us. The freedom of the exhalation reflects our ability to let go with ease and understanding and to move on or forward. You can change the way you let life in and let life out. The breath moves energy blocks we have in place to protect us, very quickly and a focused intent and breath awareness, ultimately clears the blockages and allows energy and love to flow freely.

Join Nadia for a zoom session each session is 1 hour 15 minutes. *Price: \$275 / £250*

NADIANARAIN.COM | [@NADIANARAIN](https://www.instagram.com/NADIANARAIN)

Smudged

LOCATION: Miami

WHAT IT IS: Breathwork is an experience based in wholeness. It is a powerful healing modality utilizing the breath to heal old patterns, dislodge stuck energy, and balance the chakras. Neelou's style of breathwork incorporates a two-part breath and an exhale. It's as simple as it is transformational and works to restore the healthy flow of Qi in our bodies. By breathing deeply you oxygenate the areas of your body that need extra attention, releasing any blockages, or stuckness, in order to release the energy to flow freely. The health benefits are truly transformational.

Price range: \$22 - \$11,000

REVIEW: When going into healing sessions, the voice of your guide is so powerful. I felt like Neelou's voice held such divine power through her soothing rich tone and beautiful words she chose to use. I felt safe and so comfy while setting my intentions going into this breathwork session. The music selection was perfect and I felt feelings of elation followed by deep peace. Neelou laid out clear instructions and I felt very seen by her words and mantras. I also loved that in the end we elevated the frequency of everything outside of our being, and was not only focusing within ourselves. - MT

SMUDGED.CO | [@SMUDGED.CO](https://www.instagram.com/SMUDGED.CO)

AIMÉE DERBES of ALIGN ACUPUNCTURE

LOCATION: New York + Online

WHAT IT IS: Reconnect with your innate vibrancy, release what feels stuck, and expand into new possibilities for your life through private breathwork sessions with Aimée Derbes of Align Acupuncture. Visit the Nomad, NYC studio or work together online. *Price range: \$150 - \$300*

ALIGNNEWYORK.COM

SMUDGED



BREATHING PATTERNS

LOCATION: New York + Online

WHAT IT IS: Julia is a certified breathwork facilitator & mindset coach. She uses breath and movement as tools to work through emotions, get in touch with your body, release trauma, and so much more. *Price range: \$150 - \$450*

BREATHING-PATTERNS.COM
[@BREATHINGPATTERNSNYC](https://www.instagram.com/BREATHINGPATTERNSNYC)

Creativity

MIKAELA HAWKINS

LOCATION: Los Angeles

WHAT IT IS: Mikaela Hawkins offers photoshoots and creative sessions in nature designed to help you connect with your soul's message on Earth.

Price: \$300 - \$6000

MIKAELAALIEN.COM



MIKAELA HAWKINS

HEATHER CHRISTIE



HEATHER CHRISTIE

LOCATION: Online + Topanga, CA

WHAT IT IS: Embody your voice and sound with Heather Christie, a music mentor and founder of Mind Body Music and Mōonbabe Records. Her offerings include, Goddess Recording Sessions (in person in LA), Artistry in Bloom mentorship (online), and music production for your tracks.

Price: \$88 - \$3333

HEATHERCHRISTIE.LOVE | @HEATHER.CHRISTIE.LOVE

PAINT YOUR ESSENCE

LOCATION: Los Angeles

WHAT IT IS: Uncover the depths of your true self with the power of art. Join us in a transformative painting workshop where color, imagery, and symbolism are your guiding light to make self-discovery an exciting and playful adventure and inspire you to see YOU! **Price:** Upon Request.

PAINTYOUESSENCE.COM | @KAREN_PAINTYOUESSENCE

Channeling

Sarah Naia Soleil: Spirit Baby Communications

LOCATION: New Jersey + New York

WHAT IT IS: Spirit baby communication is the art & practice of communicating with your unborn child/children. Whether you're desiring children one day, just beginning the conception journey, integrating loss, struggling to conceive, pregnant now, or looking to expand your family in the future, spirit baby communication provides clarity, affirmation, & healing as you navigate the deeper questions that inevitably arise. To date, Sarah has attended 350+ births & has offered 2,800+ spirit baby readings to people from around the globe. **Price range:** \$44 - \$400+

REVIEW: I admit I was on guard when I stepped into this session. I wanted to know what this "spirit baby communicator" saw for me but I was also terrified that she couldn't see ANYTHING or worse, that she would see something dark... or tragic. I have always been a bit timid and cautious when it comes to intuitives, psychics and channelers, but within a few minutes of meeting Sarah, this anxiety melted. I felt safe, exhilarated and open. The more I heard about her life story - how she gave birth to her first son in under an hour, swims with wild whales and dolphins, and channels her clients' needs as a doula, the more I began to trust her guidance. I felt her energy surround and cradle me. I felt curious about what she saw and felt for my "spirit babies" and my family, past, present, and future. I am deeply grateful for her light and recommend her highly to anyone who is seeking wisdom and guidance around children and family. This is not a vague spiritual reading. - NC

SPIRITBABYCOMMUNICATION.COM | @SPIRIT.BABY.SOCIETY



SARAH NAIJA SOLEIL



Alysse Doty

LOCATION: Online

WHAT IT IS: Alysse Doty is a psychic channel who utilizes a powerful healing modality (Spiritual Response Therapy) in conjunction with her psychic gifts to research your subconscious mind (of this life and all previous lives) to discover the root of your deepest traumas and blocks. Although she navigates painful wounds, her work is gentle and surrounded in unconditional love, non-judgment, and often humor. *Price range:* \$350 – \$1000

REVIEW: Alysse and spirit have a very direct way of getting to the bottom of things using a pendulum and over 30 charts which each look at a different area of your life. I had never had a Spiritual Response Therapy (SRT) session, and for me, it showed a different perspective on things I've been working on over time by myself and/or in therapy sessions. There are only yes/no answers, so I appreciated the definitive responses even if I did not personally resonate with some of them. I've sat in my fair share of vague spiritual readings, this is not one of them. – MN

ALYSSEDOTY.COM | @ALYSSEDOTY

BROOKE JOHNSON

LOCATION: Ojai + Topanga, CA

WHAT IT IS: Brooke offers bespoke, channeled healing sessions and immersion's for deep healing back to the Truth unique to each soul and the gifts inherent to each soul. A co-created Journey to honor each soul's story to reveal the moral. *Price range:* \$220 – \$6000

THEGRITWITHTHEGRACE.AS.ME | @THEFIELD_____

PSYCHIC HORIZONS

LOCATION: Online

WHAT IT IS: Psychic Horizons School for Meditation and Healing offers meditation & healing classes, readings, healing clinics and a clairvoyant training program. There is a Free Intro Meditation class every Tuesday night. We have been teaching since 1981.

Price range: \$0 – \$375

PSYCHICHORIZONS.COM



BROOKE JOHNSON

Well Spirit Collective

Harmonize your profits with your purpose.

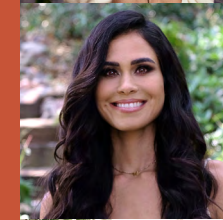
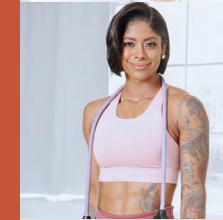
Think of us like matchmakers for brands and talent seeking to grow well and go far together in today's rapidly evolving marketing ecosystem.

Well Spirit Collective is a woman-owned, BIPOC-led marketing agency that connects wellness and sustainability brands with thought leaders, taste-makers, and podcasters. Our niche is connecting conscious companies with high-performing, like-minded creators. Together, we amplify authentic stories that resonate with the collective consciousness. Our mission is to enrich people's everyday lives and to encourage wellness for everyone. We go beyond superficial metrics to establish meaningful bonds, fostering creative partnerships that uplift, enrich, and inform.

Well Spirit Collective provides these services:

- *Talent Management*
- *Influencer + Affiliate Marketing*
- *Media Planning + Buying*
- *Email Acquisition*
- *Full Service Video Production*
- *Social Media Strategy + Management*
- *Public Relations + Strategic Communications*
- *Content Strategy + Creation*
- *Partnerships + Events*
- *SEO*

Schedule your free consultation to see if we're a match by visiting our *Contact* page at [WELLSPIRITCOLLECTIVE.COM](https://www.wellspiritcollective.com)



Energy Medicine



LOVE & ALCHEMY

Love & Alchemy

LOCATION: Topanga + Los Angeles

WHAT IT IS: Natalie is a Latina multidisciplinary healer and practitioner with certifications in several modalities. Natalie is a Sound Practitioner, Reiki Master, yoga teacher, Chopra Certified meditation teacher, and Emotional Freedom Technique Practitioner. Nestled in the serene Canyon of Topanga, she leads Reiki infused Sound Baths, Sound Practitioner Trainings, teaches public yoga and meditation classes, and offers 1:1 Energy Healing Sessions. Natalie is also the founder of “Latinas Who Meditate”, a non-profit organization that focuses on bringing wellness practices and modalities to Latinx communities. *Price range: \$150 – \$250*

REVIEW: You could have left me stepping in to meet Natalie in the newly revamped Ethereal yoga space in Topanga, and I would have been satisfied with the space alone. Instantly calming. But as Natalie started our private session, she held the space vibrationally through sound for me to go inward and to a void within my own self. If you are seeking a modality that allows you to reconnect with yourself while being gently guided through sound try Natalie’s sound healing sessions. – MN

LOVEANDALCHEMY.COM | @LOVEANDALCHEMY_



RABIAH TRONCELLITI

Rabiah Troncelliti

LOCATION: Online

WHAT IT IS: ThetaHealing Technique moves you through your subconscious mind to find and shift self-limiting beliefs unconsciously seeded into the psyche at a young age through parental, ancestral, collective beliefs, education, and media. Reprogram your subtle mind, create new neural pathways and begin to see and feel a ripple effect of positive change in your day to day life. A session begins with meditation cues and energy work for grounding and relaxation. Then, explore your memories until they lead you back to a core belief that is blocking flow in your life. *Price: \$155 – \$333*

REVIEW: This was my first experience with ThetaHealing and, because I didn’t know what the process was going to be like, I was tense during the initial muscle testing. We started with meditation and energy work. Rabiah worked with me to move through my subconscious, shifting any limiting beliefs, and I soon felt comfortable to sink deeper into what I was feeling. Rabiah guided me with questions and it felt like I was painting a whole map of my past, of generations before me, while also traveling through my own feelings and their origins. Rabiah’s session gave me a unique insight into why I may be who I am today. If you’re interested in diving into your past, through generations, I highly suggest Rabiah’s ThetaHealing Technique sessions. – MT
LINKTR.EE/RABIAHANAI | @LIMINAL.LOVE

Eboni Banks

LOCATION: New York City + Online

WHAT IT IS: Eboni Banks is a Clairtangent intuitive healer and tunes into the energy in your body using gentle touch to clear blocked chakras and talk about connections between your conscious, subconscious, past life, and mental, emotional, and physical aspects that are ready to be healed. In-person sessions are available in New York City, and remote sessions are available elsewhere. Please schedule readings at times that allow you to be alone for a little while afterward to process the information. *Price: \$200*

REVIEW: To be completely honest I was not expecting much from this session because I’ve tried a few ‘remote energy sessions’ in my time and if I’m emotionally and spiritually in a pretty stable space I don’t feel much shift happening. Well, this was the complete opposite. I am in a stable emotional and spiritual space and I felt multiple shifts BEYOND my expectations. Eboni is truly gifted at what she does. She was able to pinpoint past energies I still held in my system and help free them for me to be even more expanded. While the details are quite personal, what I can tell you is that they were very spot on and unexpected for her to bring up. I felt energy moving around my body for the rest of the day. Highly recommend it and next time I’m in New York I will give it an in-person try too. – MN

EBONIBANKS.ME | @INTUITIVEEBONIWRITES



EBONI BANKS



ATASIEA BY NICO NELSON PHOTOGRAPHY



Optimal Vibrations

LOCATION: Online

WHAT IT IS: Mia Black and Azra Gojačić founded Optimal Vibrations to support humanity through the quantum leap in consciousness that humanity is being called to make at this time. Optimal Vibrations offer: psychedelic healing, Trauma/Tension Release Exercises (TRE), breathwork, and sound healing. Using an integrative healing model, they support clients in releasing past pain and trauma, and awakening the physical, mental, emotional, and spiritual aspects of self to come into their full power and purpose. *Price: \$55 – \$150*

REVIEW: TRE (or Tension-trauma and stress release exercises) is an incredibly efficient and gentle approach to deep release work. I was surprised by the depth of impact even one session with Azra provided. Even though it was a virtual session, I felt her presence as if she was physically in the room with me. Her trained eye and verbal cues took me into new places of exploration and surrender. Mia brings a very unique approach and breadth of experience to her integration work. With a PhD in Clinical Psychology plus a strong appetite for moving beyond academia, Mia offers a powerful foundation for both those new to this work as well a warm and generous knowledge base to guide peers as they deepen the potential on the journey. I look forward to experiencing more Optimal Vibrations services as go-to practices and tools of support. – cw

OPTIMALVIBRATIONS.ORG
@OPTIMAL.VIBRATIONS

Atasiea

LOCATION: Los Angeles

WHAT IT IS: Angelic Presence Healing is a Spiritual Guidance Counseling, and Subtle Energy Healing/Massage/ Bodywork service. Sessions include: Holy Fire® III Reiki, Theta Healing, Spiritual guidance counseling, chakra and auric field clearing/balancing, channeling, intuitive reading, and a recording of the experience. Can include bodywork/ massage for in-person sessions.

Price range: \$150 – \$350

ATASIEA.COM | @ATASIEA



LOTEM PORAT

Lotem Porat

LOCATION: Los Angeles

WHAT IT IS: Lotem's intuitive holistic healing sessions infuse a range of modalities including yoga, breathwork, Reiki energy healing, yoga nidra, meditation, and sound healing. She blends these techniques in an integrative way for individuals and groups, based on the energy that is present. *Price: \$30 – \$222*

REVIEW: It's hard to put into words the incredible experience that I had during my session with Lotem, a holistic integrative session that included yoga, Reiki and holotropic Breathwork. The session was a balance of grounded and ethereal. She began our session with a meditation that transported me from my mat, to the core of the earth, to the cosmos and back again. Lotem gives space and emphasizes one's capacity to be your own healer, while also having an intuitive approach to tending to your needs. Throughout the session, Lotem provided gentle and supportive hands-on assists. The holotropic Breathwork was both calming and energizing. It left my body buzzing! The session ended with a Sound Bath that was deeply immersive and truly a full body listening experience. I highly recommend attending a session with Lotem. – KM

@LOTEMFLOWERHEALING | LOTEMPORATYOGA@GMAIL.COM

The Minka Mystery School

LOCATION: New York City

WHAT IT IS: The Minka Mystery School integrates ancient wisdom with current modern and social consciousness, offering trainings and certifications that encompass spirituality, decolonization and embodiment, and recognize a lineage of healing practices. They offer Reiki Twin Attunements, a method discovered during the course of the two Reiki Masters working together. *Price: \$250 – \$1500*

REVIEW: At a beautiful healing studio in Williamsburg, I met with Aki and Manu, Reiki Godmothers, who work with healing energies and provide trainings at the School. They sat with me, explaining how individual healing is interwoven with the healing of our society and our planet. I felt at ease with them — like I wanted to talk with them for hours. I felt a sense of resonance and hope. They described connecting with symbols for a new type of energy healing. I settled in for my energy healing session with the two practitioners. The experience was powerful; with my eyes closed, I immediately felt an energy shift and started to also experience strong visuals. The session lasted a little under an hour, and I felt like I wanted it to go on forever. The energy was calming, energizing, and grounding all at once. After the session, my energy felt significantly different. Aki and Manu explained that I would be feeling the effects for days after the session. A few days later, I still felt transformed. – EF

MINKAMYSTERY SCHOOL.COM | @MINKABROOKLYN



THE REIKI GODMOTHERS BY THAÍS AQUINO

Equine Therapy



The Reflective Horse

LOCATION: Malibu

WHAT IT IS: The Reflective Horse® offers an embodied experience beyond the cognitive mind, providing a space for self-reflection and empowerment through the clear, pure and non-judgmental bio-feedback of free-roaming horses. Horses offer us spiritual mentorship, guiding us back to the present, in awareness of our conditioned behaviors and returning us to harmony and attunement with ourselves. Private 1:1 and small group sessions midweek and weekend retreats with Cassandra Ogier, founder, director of The Reflective Horse.®

Price: \$450 – \$1500

REVIEW: Sharing space with Cassandra and the herd was such a special experience and I held those feelings in my spirit and body for weeks afterwards. In her Equine Guided Empowerment session, we observed the herd and walked around the beautiful farm. Then, Cassandra walked me through somatic exercises which was a liberating, connective experience with my own body. We practiced walking around a grassy area by leading with your stomach, not the mind. There were natural as well as guided opportunities for meditation that encouraged me to sink deeper into the magic that this farm held. Only after connecting deeply within ourselves, did we go to the paddock and work with the free roaming horse herd. I observed and worked with my own energy boundaries while connecting and sharing space with the horses. If you're looking to connect deeply through equine guided work, Cassandra holds such wisdom I hope for you to experience some day. – MT

THEREFLECTIVEHORSE.COM | @THEREFLECTIVEHORSE

A WILD OMEN

LOCATION: Various Across U.S.

WHAT IT IS: Equine Gestalt is a somatic healing experience which allows clients to clear trauma from the body, move through grief, reclaim their happiness and embrace the beauty of who they are. It is often life changing and profound. **Price range:** \$325 - \$5000

AWILDOMEN.COM | @AWILDOMEN



MATISSE WILLIAMS

Matisse Williams

LOCATION: Ojai, CA

WHAT IT IS: Horse Constellations offer a unique opportunity to tap into natural wisdom and the flow of love, clearing and healing traumas, patterns and defenses from the individual and the family system. The therapeutic and ceremonial process is guided by a herd of five horses in the Ojai Valley.

Price: \$350 – \$1500

REVIEW: Experiencing a horse constellation with Matisse and a group of divine women was such a deeply profound and raw experience. It was a full body yes all day. The day consisted of lots of laughter, crying, giggling, hugging, breathing, getting dirty, snacking, and sharing space with creatures and beautiful Ojai. During the constellation, a woman would share their intention and Matisse would do her magic and name individual parts to this intention. Then each of us in the circle would be assigned one of those names. We were to embody that name with no background to that being, person or idea. Next we'd enter the paddock with the herd where we would let the energy move through each of us. It was fully sensation based and focused on resolution through revelation. Matisse would walk around and help facilitate conversation and through that we would all discover how each of us represented and played the role of that one woman's life. It was a true practice of intuition, and listening, and acting based on your feelings and body. If you are calling in a guide through or clarity around a transition in your life, I cannot recommend Matisse enough. I am so grateful to have experienced Matisse and the herd's blessings. – MT

MATISSEWILLIAMS.COM | @TISSE

Flower Medicine



SAMANTHA BOERSMA

The Spiral Path

LOCATION: Online

WHAT IT IS: Samantha Boersma is a visionary and intuitive who speaks the language of the flowers, acting as a bridge from spirit to physical. Her signature modality, Flower Readings, are meant to act as both an energy healing ceremony and an offering of tools to navigate the world as a sensitive being. Samantha connects with the plants and mushrooms in your aura to help you heal, works with them to create balance, and brings forth the messages they have to share with you. The session ends with a deep inner journey where you have the space to receive messages from your inner wise one. *Price: \$33 - \$250*

REVIEW: It was wonderful connecting with Samantha and I happily recommend seeing her for a flower reading. Her energy is soothing and feels fae-like to me, and very healing. The guided somatic clearing and floral tune-ins were potent. I loved hearing what flowers came through to her in response to the health inquiry I shared with her and what they represented/how they can support via their unique frequencies. It felt very on point, especially as one of them was actually a flower that had already been coming through very clearly for me to work with! - *ML*

THE SPIRAL PATH.LOVE

LAUREL MADELINE SILBERMAN

LOCATION: Online + Boulder, CO

WHAT IT IS: Reweaving the body of Self with the body of Earth through intuitive herbalism, addiction alchemy, flower essence devotionals, and nature-based ritual. *Price: \$1200*

LAURELMADELINE.EARTH

FLEURVOYANT

LOCATION: New York

WHAT IT IS: At Fleurvoyant, we believe working with plants to be healing, regenerative, and rejuvenating. At every flower workshop, we take a moment to connect with the life force within our flowers, while learning how to create stunning floral arrangements. *Price: Upon Request.*

FLEURVOYANT.COM | @FLEURVOYANT



LAUREL MADELINE SILBERMAN

The Good Goods

SRIMU

LOCATION: Online

WHAT IT IS: What Is It: SriMu is a universal cheese. Plant rich, paleo, keto, dairy free, gluten free and raw. It has no synthetic or lab-grown ingredients. With reverence to all, SriMu's ingredients include the elemental, music, emotion and health of the environment and team hand-crafting each wheel. It is true vibrational nourishment with a global mission for awakening the planet.

Price range: starts at \$48 for 3 wheels

SRIMU.COM | @SRIMUDOLIFE



SRIMU

TOTEM HOME



TOTEM HOME

LOCATION: Online

WHAT IT IS: Totem is a home collection founded and created by Kim Ficaro. Inspired by her travels and work as a set designer and interior stylist for 2 decades in the commercial photo industry. Her desire to create spaces and objects that feel lived in and well loved, came to life in 2016. The purpose for totem is to support connection through choices made, and the feeling an object or a space stimulates. Designed by Kim, and made by master artisans in Oaxaca and Portugal. *Price range: \$48 - \$320*

TOTEMHOME.COM | @TOTEMHOME

LOOMBOUND

LOCATION: Hot Springs

WHAT IT IS: Weave your words with journals artisan-made in the USA using ethically-sourced materials. Use in your journaling practice as a potent tool for nurturing your mental, emotional, and creative being.

Price range: \$80 - \$250

LOOMBOUND.COM | @LOOMBOUND_



LOOMBOUND

MOONA STAR COLLECTIVE

LOCATION: Topanga Canyon, California

WHAT IT IS: Clothing hand dyed with flowers & plants, adornment, apothecary, home vintage, conscious, handmade, found, and sacred objects. Always supporting living in harmony within and with all.

Price range: \$80 - \$250

MOONASTARCOLLECTIVE.COM | @MOONASTARCOLLECTIVE

PAAVANI AYURVEDA

LOCATION: Grass Valley

WHAT IT IS: Female-founded, eco-conscious, plant-based Ayurvedic self-care to balance skin, body, digestion & mood. Organic & handcrafted to support your individual needs, reconnecting you to optimal balance, health & well-being. **Price range:** \$12-\$95

PAAVANIAYURVEDA.COM | @PAAVANIAYURVEDA_



PAAVANI

FOOD OVER DRUGS

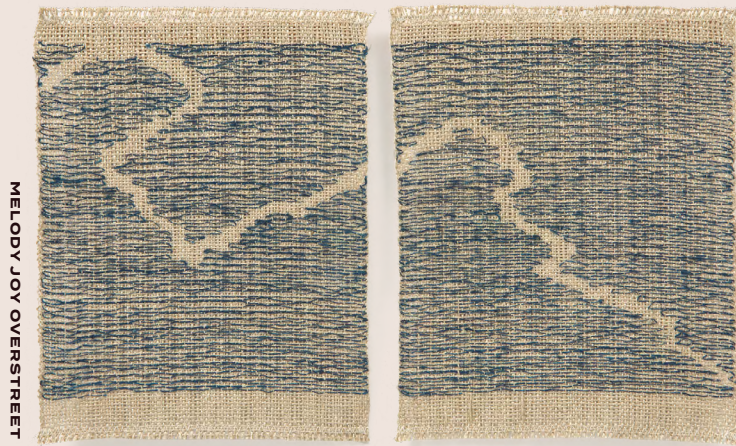
LOCATION: Los Angeles

WHAT IT IS: A 100% herbal formula made from organic, regeneratively grown & wild-crafted herbs. This formula was made to target a full spectrum of parasitic microbes while also containing anti-nausea, anti-inflammatory, lymph-, and bowel-stimulating herbs.

Price range: \$55 - \$95

FOODOVERDRUGS.COM | @FOODOVERDRUGS

FOOD OVER DRUGS



MELODY JOY OVERSTREET

Melody Joy Overstreet

LOCATION: Los Angeles & Santa Cruz

WHAT IT IS: Melody is a poet, artist, printer, weaver, and community educator who offers limited edition handmade prints, place-based books of poetry, and hand-woven art that add to the sacredness, healing, and beauty of our abodes and everyday lives.

Price range: \$20-\$25,000

REVIEW Melody's offerings hold the purest essence of artistic creativity. Her poetry, prints, handmade soaps, tinctures, and handwoven work are an intentional mixture of different mediums that speak to the rich relationship between the human experience and earth. Through her art, I felt her passion for honoring the people and the elements of the spaces she's created in or spent time in. She uses materials from the earth and the space around her to depict the interrelationship between humans and earth. She weaves into her art the power of indigenous and ancient techniques and materials and emphasizes the importance of this connection to our origins. I highly recommend taking a look at her book of place-based poems and illustrations, *Reverberations* as well as her series of handwoven works titled, *Water's Song*, which can be found on her website. - MN

RECIPROCALFIELD.COM | @MELODYOVERSTREET

A Wild Yonder Studio

LOCATION: Created in Milwaukee

WHAT IT IS: A creative botanical studio crafting goods to feel good and take it easy. Inspired by the vibrations of plants, music and love. **Price range:** \$6 - \$80

REVIEW: I recently tried A Wild Yonder Studio's bath soaks, and I have to say, it was an absolute delight! The scent was incredibly pleasing, creating a calming and aromatic atmosphere that enhanced my overall bathing experience. The fragrance wasn't overpowering but just right—a perfect balance that added a touch of luxury to my bath time. Not only did it smell fantastic, but the bath soak also felt amazing on my skin. The texture was soothing, and as soon as I immersed myself in the warm water, I could feel the tension leaving my body. It left my skin feeling soft and refreshed, making it a truly pampering experience.

I highly recommend this bath soak for anyone looking to elevate their self-care routine (slight nod to Zenfluence and Rose The Vibe which were my favorites!). The delightful fragrance and luxurious feel on the skin make it a wonderful addition to a relaxing bath. - HM

WILDYONDERSTUDIO.COM | @WILDYONDERFAMILY



WILD YONDER STUDIO

MERCADO SAGRADO Selection

Mercado Sagrado is where global buyers, editors and trendspotters land when they are looking for that California-brand of hi-low, earth centric creators of the now and next. Co-founder Mia Luciano shares some of her favorites.

MEREDITH KAHN JEWELRY

Rooted in Romance and designed to tell your story. Meredith Kahn Jewelry offers a jewelry collection in both plated and solid 14K Gold. Available to shop online, in select boutiques, and at her flagship location inside MELET Topanga, CA.

MEREDITHKAHN.COM | @MEREDITHKAHN



LAUREN BRINKERS

One of a kind handmade shoes and accessories made start to finish by longtime shoemaker and artist Lauren Brinkers using ultra-soft, vegetable-tanned leather, painted with eco-friendly dyes mixed in watercolor-like palettes.

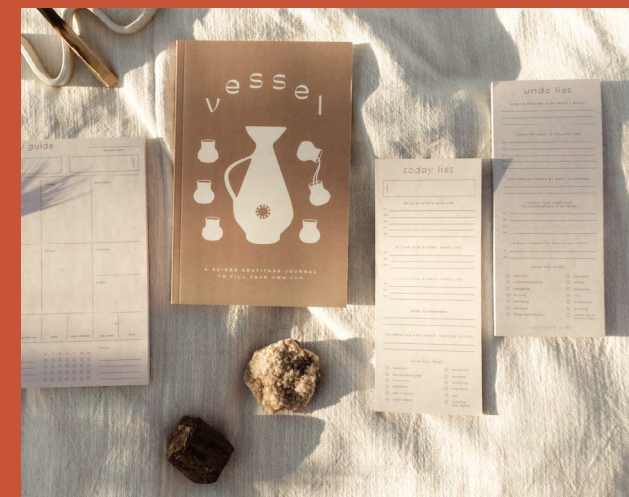
LAURENBRINKERS.COM | @LAURENBRINKERS

OF IT ALL

Of It All is a collection of guided self-care tools for accessing your own inner wisdom.

A way to connect back to yourself any time you need, our journals and notepads offer spaciousness and clarity—on the page, in your mind and in your life.

OF-IT-ALL.COM | @OF.IT.ALL



SACRED SOUND & WONDER

Sacred Sound & Wonder offers a magical collection of Alchemy Crystal Singing Bowls to purchase, as well as an array of sound healing events, online immersions, in-person Esalen retreats, and one-on-one frequency coaching.

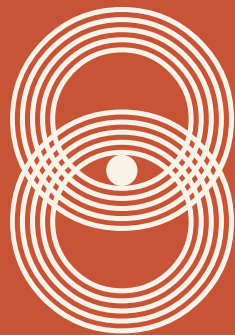
SACREDSOUND.LOVE | @DEVAMUNAY

LIVING LIBATIONS

Living Libations is a luxury line of botanical health and beauty creations that are among the purest of the pure on the planet, including organic and wild-crafted skin serums, hair care, oral care, and elixirs for body, mind and wellbeing.

LIVINGLIBATIONS.COM | @LIVINGLIBATIONSOFFICIAL





TERRAH RISING

Terrah Rising, by Michelle Terrah Luz, is a sanctuary in the heart of Point Dume, Malibu, providing a range of spiritual services encompassing Spiritual Healing, Sound Healing Journeys, Private 1-on-1 sessions, and Transformational Group Work.

TERRAHRISING.COM | @TERRAHRISING



CODY CHANNEL - STAR GUIDE

Cody is a sidereal star based astrologer and intuitive channel. Cody uses the frequencies of fixed stars and higher realms to assist in unlocking dormant DNA and unique spiritual gifts. Cody offers sessions in person and online for the past 8 years.

CODYCHANNEL.COM



Healing



MAMA MEDICINE

Mama Medicine

LOCATION: Remote

WHAT IT IS: Mama Medicine is Deborah Hanekamp, the author of the bestselling book *Rituals Baths* and the creator of *Medicine Readings*. This original healing modality integrates her over 20 years of experience and is designed to empower you to Be Your Own Healer. Her healing work, along with her unique aesthetic and approachable personality, have garnered Mama Medicine tens of thousands of global followers and features in major press outlets. In a world of gurus and self-help, Mama Medicine encourages us to be our own healer and helps us connect to the true master within us all: the power of love. *Price range:* \$107 – \$555

REVIEW: I have been a long time follower of Deborah but we hadn't had the chance to reconnect in many years. Even though I know her, I can honestly say that if you require a neutral, observing energy who supports you in seeing yourself, try to get an appointment with her. For me the point of healing is that we must heal ourselves, no one else can do that for us. But in order to do that there are special, authentic people who are able to reflect or create containers for you to be able to do that and not project themselves as a guru or teacher. Deborah creates that space for me. – MN

MAMAMEDICINE.COM | @MAMAMEDICINE

RITUEL *Wellness Experience Guided by Eve Gaines*

LOCATION: Topanga CA

WHAT IT IS: At the heart of Rituel is the belief that optimal wellbeing can be attained through integrative healing and personal exploration. All of Rituel's wellness experiences have a ceremonial component and are designed to help usher you across significant thresholds, providing you with profound support and a framework for navigating life's transitions. Through Eve's studies in Medical and Psychological anthropology, she gained insight into the crucial role of immersive healing experiences in fostering well-being. Motivated by this understanding, Rituel has crafted their programming with the aim of establishing a fresh paradigm of deep integrative care. **Price:** \$550 - \$5.5K

REVIEW: Eve provided such a rich, unique container for our team to connect and emerge from. It was custom rites of passage ceremony for Conscious City Guide that included a tea ceremony by Mel, an astrological reading for Conscious City Guide by Ali Ofstedal, the most nourishing lunch by April Valencia of Masa Memory, a custom herbal bath created by Eve, sound healing from Natalie Valle of Love & Alchemy. Eve held space for each of them individually as well as a team, and it is by far one of my favorite memories with our team! - MT

When Eve first opened Rituel I was jumping to experience and host there. Situated on a very special property in Topanga overlooking Los Flores Canyon, Eve has created every aspect of Rituel with reverence to nature and her teachers. I look forward to attending and hopefully hosting more experiences there. - MN

The property sits above the clouds, a slice of heaven lush with native plants. Every detail is considered and intentional, from the ceremonial space to divine outdoor bath which Eve created for me from foraged plants and key flowers (dahlias, blue lotus, and rose). It was a deeply beautiful and nourishing day and one I'd love to share with family for a rite of passage or celebration. - KF

RITUELLIFE.COM | @RITUELLIFE



SHIVA REA



RITUEL



Shiva Rea

LOCATION: Malibu + Online + Global

WHAT IT IS: These Full-Spectrum Sessions are offered to beginners to teacher-level. Each 30-120 min session is recorded for you to integrate in your life in a private app. Each session includes 5-60 minutes of Prana Nadi Flow Bodywork session. Choose from these classes: Prana Flow Yoga for your Life-Regeneration, Movement Alchemy Sessions for your Life-Navigation, Vira Prana Flow Sacred Training, Classical Roots, Lunar Prana Flow, Ritual Prana Flow, Shakti Prana Flow, Embodying Love - Sringara Rasa, Prana Mantra Flow + Sound Bell, Prana Danda Yoga, and Creative Core.

Price: Upon Request

REVIEW: Twenty years ago, Shiva Rea made me fall in love with yoga. Her deep knowledge, devotion, and flow spoke to my soul and her presence demonstrated what the Divine Feminine looked like embodied. Through her poetic teachings, I learned that yoga was so much more expansive than an exercise class, that it was a way to access the Sacred within. In the decades since, her teachings have deepened and her offerings have expanded. She is considered by many to be a true Master. Because she often leads retreats and festivals to classes of hundreds, I was delighted to discover she offers 1-on-1 sessions. The opportunity to practice with, learn from, and experience the presence of a Master is a sacred gift. - KF

SHIVAREA.COM | @SHIVAREA108

Tapping for Truth

LOCATION: Los Angeles

WHAT IT IS: Emotional Freedom Techniques (EFT), more commonly known as 'tapping,' brings Chinese acupressure and modern psychology together, releasing emotional distress and negative core beliefs. Amy Piper is a certified EFT practitioner and trainer whose passion for EFT began over 17 years ago when she personally experienced how quickly old beliefs, patterns, and obstacles could be released and cleared through this modality. *Price:* \$175 - \$450

REVIEW: I have never experienced tapping before. By the end of the session, I understand why they call it "Emotional Acupuncture." My session was a mixture of tapping on my acupuncture points on my face, head, upper chest, and hand/arm while verbalizing a problem I've been experiencing. The tapping helps access non-verbal points of the brain. What I loved about my first experience with tapping was how quickly it works. You're tapping until a release and it's a visceral feeling. Amy was wonderful because she talked through the process and what to expect clearly and slowly. After my session, I had a deep sensation of relief, and felt validated by myself. If you want to explore tapping as a way to connect with your body and discover the depth of your feelings, I highly suggest connecting with Amy. - MT

TAPPINGFORTRUTH.COM | @TAPPINGFORTRUTH



AMY PIPER



AMBER DAWN

AMBER DAWN

LOCATION: Online

WHAT IT IS: Amber Dawn illuminates the path to true holistic loving so you can remember the magic of your unique purpose on earth. She offers Tarot 1:1 guidance, Dream interpretation, Meditation, Nutritional Support, and Intuitive Readings. *Price range:* \$40 - \$3000

AMBERDAWNCREATIONS.LOVE | @WITHINA_DREAM

ANNETTE FROST-JENSEN

LOCATION: Online

WHAT IT IS: Annette Frost-Jensen offers remote Shamanic Healing, Soul Retrievals, Ancestral Healing, Extractions, Curse Removal, Protection or whatever she is being shown that is ready to be cleared and healed.

Price range: \$100 - \$140

ANNETTEFROSTJENSEN.COM | @AFROSTJENSEN

Lara Elliott Healing

LOCATION: Ojai

WHAT IT IS: Lara is a Taoist Medicine physician, acupuncturist and clinical herbalist with a deep rooted love for Zen Buddhism, Japanese Reiki Healing, and Nature. Lara's skillful Way of Healing focuses on harmonizing and refining subtle body energy (*Qi*), nourishing life force (*Jing*), sparking the seed of Spirit + Heart (*Shen*). Her treatments include application of alchemical touch therapy, earth-medicine ritual, education, and empowerment.

Price: \$250 - \$4500

REVIEW: A tender, nurturing blend of subtle touch, reiki, breathwork and sacred adornment in Lara's gorgeous new space in Ojai, situated on an old flower farm. Our journey started with powerful wisdom from Lara's study of Zen, something I thoroughly enjoyed because of my own Tea Ceremony practice. Then, I got comfortable on her table and experienced a state of ocean-deep relaxation. I find breathwork challenging sometimes, but with Lara's guidance the breathwork section felt like gentle but powerful whispers that my being required. It was transcendent in a way that isn't dramatic, and as the session closed, I felt held in a metaphorical cocoon. When Lara adorned me with rose petals from her property, I felt love and so loved. Lara guided me to embody joy and gratitude in myself during our time together. I look forward to seeing her again and will be gifting sessions to friends and family. Go to Ojai and see Lara. - MN

LARAELLIOTTHEALING.COM



LARA ELLIOTT

LAUREN MERRILL

LOCATION: Online + Portland

WHAT IT IS: Lauren is an energy medicine practitioner, holistic esthetician, artisan aromatherapist, and meditation guide. Her healing services + ritual oils help invoke a greater sense of self-connection and enchantment within everyday life. *Price:* \$150

LAURENKMERRILL.COM | @MERRIGOLD_

SUN SUN: SHERISE LEE

LOCATION: Los Angeles

WHAT IT IS: Sherise Lee is a certified Hypnosis Practitioner applying multi-modalities to create transformation & ease. She offers Somatic Hypnosis, Oracle Readings, Empath Paintings. Transform limiting patterns to positive ones, integrate resources, access tools, generate change. *Price range:* \$150 - \$300

HELLOSUNSUN.COM | @SHERISE.LEE

SHERISE LEE



Life Coaching

DESI VALENTINE & LUNA VALIN OF DOMINO



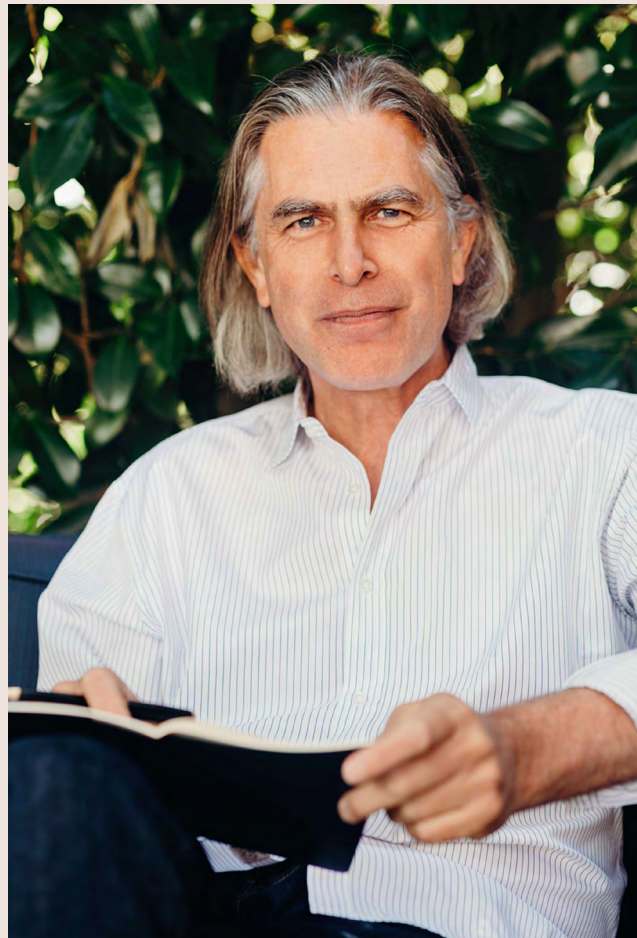
Domino

LOCATION: Global

WHAT IT IS: For industry leaders, Domino will travel & meet you on tour, set, and amidst the intensity of delivering your expression to the world. They support you to transform somatic and relational patterns, and develop a regenerative relationship with their work when in peak demand. *Price: \$15k+*

ESSENCE.IS/DOMINO

HERMAS LASSELLE



Lassalle Coaching

LOCATION: Santa Monica, CA

WHAT IT IS: Hermas Lassalle is a Transformational Counselor, Life Coach, and Astrologer. He facilitates change, growth and a re-connection to self, by weaving together a powerful container to support personal transformation. Hermas also guides couples' communication, helping to bring their relationships into conscious awareness, whether separating or deepening in connection. *Price: \$400 /hour*

REVIEW: Hermas has a gentle approach to sharing your chart, most noticeable is the calming voice. This is more than just an astrological reading, Hermas looks at your chart as one piece in sharing guidance. The real gift is his blend of intuition and experience which is backed up by your chart. With a combination of Intuitive healing, curiosity, reverence for truth, a passion for communication, non judgment and compassionate listening, Hermas supports the discovery of our inner children, creating a dialogue with our abandoned parts, bringing our shadow work (as well as our light work) into consciousness - to fully experience ourselves in wholeness. - MN

LASSALLECOACHING.COM

CELESTE BROOKE YOUNG

LOCATION: Online + LA + Global

WHAT IT IS: Celeste Young offers insight meditation + retreats, life balance work + retreats + workshops, drop-in meditation and Dharma sessions, individual life balance strategy sessions, and organizational + company programs upon request. *Price range: \$75 - \$550*

CELESTEYOUNG.COM | @CELESTEBYOUNG

CELESTE BROOKE YOUNG



DARCY MEEHAN

LOCATION: Los Angeles

WHAT IT IS: Connect with who and what you need during times of change, transition and transformation so you can live and create with more clarity and confidence. Darcy has lifestyle, identity, and business offerings. *Price range: \$44 - \$444*

Price range: \$44 - \$444

DARCYMEEHAN.COM | @DARCYSCHOOSESJOY

SPIRITUAL DOMINATRIX



OLIVIA CLEMENTINE

LOCATION: New York

WHAT IT IS: Olivia Clementine is a relationship, spiritual and life guide, who offers private sessions and mentorship to individuals and couples. Shift out of outdated patterns and situations, into what is fulfilling, healthful and aligned for you. *Price range: \$140 - \$2,700*

OLIVIA CLEMENTINE.COM | @OLIVIA_CLEMENTINE

SPIRITUAL DOMINATRIX

LOCATION: Los Angeles

WHAT IT IS: Get coached by the Spiritual Dominatrix who will whip you into spiritual shape because she really f--king cares! She will help you heal your heart and smile your ass off. Addiction, singledom, IVF, infertility, anxiety. You name it. She's survived it. *Price range: \$300 - \$1000*

SPIRITUALDOMINATRIX.COM | @SPIRITUALDOMINATRIX

YASMEEN TURAYHI



YASMEEN TURAYHI

LOCATION: Los Angeles

WHAT IT IS: Yasmeen coaches small groups and 1:1 on how to discover and clear limiting beliefs, how to manage energy instead of time, how to tap into the power of intuition, and how to use discernment. *Price: Upon Request.*

YASMEENTURAYHI.COM | @THEREALYASMEENT

Nutrition

KRISTIN DAHL NUTRITION

LOCATION: Santa Monica, CA

WHAT IT IS: Kristin Dahl is a holistic + functional nutritionist and herbalist. With a comprehensive, whole-body + whole-heart approach and 15+ yrs experience in the field, Kristin has helped countless clients reclaim their health, heal their hormones & achieve optimum vitality.

Price range: \$250 – \$1300

KRISTINDAHLNUTRITION.COM



KRISTIN DAHL

DR. ZELINA MEDINA



Dr. Zelina Medina

LOCATION: Online

WHAT IT IS: Dr. Zelina Medina is an artist at heart, and became a doctor after her own healing journey from lupus, addiction and sexual trauma. She has over 10 years in practice, over 15 years of studies. She's worked with thousands of patients and continues to learn more about the power of healing, mindset, meditation and connecting mind-body-spirit. **Price:** \$50 – \$5000

REVIEW: Dr. Zelina Medina works with autoimmune conditions and other health issues. Embarking on my path towards healing, I booked an initial virtual session. I have a chronic autoimmune issue (post-covid syndrome) that substantially impairs my wellbeing, and I struggle to find any treatments that work for my condition. Dr. Zelina was warm and supportive, and her assessment was comprehensive and considered every facet of my health. Then, she was able to offer a personalized plan that aligned with my needs. She was able to get me started on a herbal and supplement protocol, and provided me with a simple link to access these prescriptions. Even after our first session, it was clear that Dr. Zelina has a genuine passion for helping her clients achieve their health goals. I felt empowered, knowing that I now have a dedicated guide with me on my health journey. – EF

DRZELINAMEDINA.COM

PAID FEATURE

Step Into the First West Coast Outpost of the Beloved Farm-To-Pharmacy Apothecary, Anima Mundi

PLANT MEDICINES · HEALING GARDEN · TONIC BAR · SPIRITUALITY-FOCUSED EVENTS · ON-SITE HERBALISTS

After successfully introducing some of the world's rarest botanical treasures for health and healing to East Coast audiences in New York, Anima Mundi Herbals is bringing its signature plant remedies to Venice, CA. The highly anticipated apothecary recently opened at 417 Rose Avenue, Venice, CA, and features a wall of bulk herbs, a tonic bar, and an expansive healing garden that visitors can reach after stepping through the immersive herbalism offerings in the main store.



The plant oasis in the back is much more than just a place to "loungue and ground." It's also a wellness hub where ice baths, cacao ceremonies, tarot readings, all sorts of breathwork and somatic practices will be offered to members of the community on a regular basis. The garden is available for meetings, solo reflection, and general enjoyment during operating hours. Upstairs, a cozy, light-filled rental awaits for any visitors to Los Angeles seeking to enjoy a fully immersive wellness experience on-site.



ANIMA MUNDI
APOTHECARY

BRIDGING ANCIENT REMEDIES TO THE MODERN WORLD. USE CODE CONSCIOUS FOR 20% OFF

ANIMAMUNDIHERBALS.COM | @ANIMAMUNDIHERBALS

Oracle Readings



PHOTO OF ISIS INDRIYA



Isis Indriya

LOCATION: Online & Nevada City

WHAT IT IS: Divination with the Oracle Divination Board, a medium to communicate with the supernatural and thus bring forward messages that can help the querent gain insight into a question or situation.

Price range: \$222 - \$333

REVIEW: For those attuned with Tarot and different Oracle card readings, Isis' session using her own divination technology received in a vision in 2017, is unlike but very like guidance sessions I've experienced before. Completely unique, Isis uses a Divination Oracle Board, dice, crystals and deities which guide transmission for the seeker. The session felt archetypically familiar but was delivered in such a practical, almost map-like way - without losing any of the magic. Perfect for those familiar with readings, spiritual lingo, archetypes, star lineage & Egyptology. - MN

ACADEMYOFORACLEARTS.COM | @ISIS_INDRIYA

Ndoro Healing Arts

LOCATION: Online + Albuquerque

WHAT IT IS: Ndoro Healing Arts is a coalition of traditional medicine practitioners committed to sharing holistic methods that open pathways to liberation, self-empowerment, and intergenerational healing. Angela Cruz is a Lukumi Priest, an initiated Spirit Medium in the tradition of the Shona people of Zimbabwe, and an initiated Priest in the Afro-Cuban traditions of Palo Monte and Lucumi. **Price range:** \$135 - \$700

REVIEW: When I booked an Ancestral Oracle reading with Angela Cruz, I suppose I'd expected to hear a "Hello!" from my maternal grandfather. But this session wasn't a seance. Instead, Angela communicated with a far more ancient ancestor, specifically a soul I could work with as a spirit guide. Angela's reading had a mythic depth. She instructed me on the best way to create an altar space and crafted a bespoke ceremony for me to honor my ancestors and heal the family line. As Angela told me, we receive both gifts and traumas from our ancestors, and we can learn to heal the trauma, and use the gifts which are our inheritance. - KF

NDOROHEALINGARTS.COM | @NDORO_HEALING_ARTS



ANGELA CRUZ OF NDORO HEALING ARTS

Therapy

Emily Willow

LOCATION: Online + San Francisco

WHAT IT IS: Emily Willow, MD is a board certified psychiatrist, researcher, and educator based in San Francisco, California. She is an ardent advocate for psychedelic medicine and has worked on multiple clinical trials investigating psychedelic-assisted psychotherapy – including both MDMA and psilocybin. Her treatment philosophy focuses on opening patients to their own inner healer, using mindfulness-based techniques and a somatic approach. She aims to weave together multiple modalities to create a unique treatment plan that is intuitive, integrative and holistic. *Price range: \$475 – \$850*

REVIEW: Emily offers an array of services to patients located in California, but consultations may be anywhere in the world. From Ketamine assisted therapy (available online and in person in San Francisco), preparation for psychedelic retreats when you're taking psychiatric medications, integration psychotherapy after psychedlic retreats, and consulting for other therapists interested in ketamine assisted therapy, consultation and integration. Emily also offers climate-informed, supportive psychotherapy that is focused on eco-anxiety, climate grief, and other climate change related mental health issues. – MT
EMILYWILLOWMD.COM | @EMILYWILLOWMD



EMILY WILLOW, MD



MEENADCHI

Meenadchi

LOCATION: Online

WHAT IT IS: A family constellation therapy practitioner, Meenadchi works to release ancestral trauma that blocks you from being in your purpose and forming a healthy relationship with money. By identifying and releasing limiting beliefs that have been epigenetically inherited and stored with your nervous system, you can embrace your authentic purpose and form a new relationship with money. *Price: \$2500*

REVIEW: This was my first constellation session. Throughout the session, Meenadchi guided me toward patterns within my family lineage that I had not previously been able to see. On the other side of the process, I could clearly see and feel how they tied into my current experiences, which I was interpreting as 'blocks'. It was fascinating to become aware of how these patterns in myself clearly mirror some of those from my lineage. I'm shocked that I couldn't see them before. She also tuned into how everything affects the nervous system, a somatic process I found surprisingly helpful. I definitely felt a shift within myself as we moved through them in the session - it's almost as if they began to feel 'friendlier', or sort of neutralized. I could feel them energetically unwinding in my body. I deeply appreciated Meenadchi's presence throughout the session as it was soothing in itself, and I highly recommend it for anyone feeling the need to release negative blocks or patterns. – ML
MEENADCHI.COM | @WITH.MEENADCHI



LIS ELLE

DIANA NADEAU

LOCATION: Online

WHAT IT IS: Internal Family Systems (IFS) therapeutic model offers a pathway to increased self-awareness, healing, and agency. Sessions center on transforming exiled emotional energy and growing in grounded energy. Accepting LGBTQ2SIA+ & Neurodivergent clients. *Price range: \$50 - \$150 /hour*

DIANANADEAU.COM

DR. ERIN FALCONER

LOCATION: Online + New York

WHAT IT IS: Dr. Erin Falconer is a cult recovery specialist and therapist. She helps people to heal from undue influence, coercive control and trauma, and also can help discern what groups may or may not be cultish. *Price: Sliding Scale*

DRERINFALCONER.COM



DR. ERIN FALCONER

FLOW HOUSE THERAPY

LOCATION: Online + Los Angeles

WHAT IT IS: Flow is home to a group of psychotherapists who work holistically, meaning that we consider the mind, body & spirit in our treatment approach. Flow offers EMDR, Somatic Therapy, Spiritual Psychotherapy, and Couples Counseling. *Price range: \$200 – \$250*

FLOWHOUSE THERAPY.COM | [@FLOWHOUSE THERAPY](https://www.instagram.com/flowhousetherapy)

LIS ELLE PSYCHOTHERAPY

LOCATION: Online + Hudson Valley + San Francisco

WHAT IT IS: Let's find some ease. As a psychodynamically, transpersonally, and somatically trained practitioner, our work together is intended to be a collaborative exploration of inner worlds and landscapes and their interactions with the outer.

Price range: \$90 – \$150 /hour

LISELLE THERAPY.SPACE

THERAPY WITH SABRINA

LOCATION: Los Angeles + Telehealth for CA Residents

WHAT IT IS: Therapy with Sabrina offers online psychotherapy for teens, Gen Z, and Millennial women who desire support in creating a new relationship with the self through a holistic lens using self-compassion and somatic practices. *Price: \$200*

THERAPYWITHSABRINA.COM



FLOW HOUSE THERAPY

Retreats

RITUEL WELLNESS SABBATICALS

LOCATION: Topanga, CA

WHAT IT IS: RITUEL Wellness Sabbaticals are private deep healing intensives featuring practitioners in the fields of, Integrative Medicine, Chiropractic Health, Spiritual Integration & Psychotherapy, who collaboratively attend to your physical & emotional wellbeing.

Price range: \$9000 - \$24000

RITUELLIFE.COM | @RITUELLIFE

BEWELL RETREATS

LOCATION: Global

WHAT IT IS: Bewell retreats nourish your mind, pamper your body, and allows you to indulge your self-care, delight in well-being and light up your life. Step into a world of tranquility, breathtaking nature and soothing ambience. Retreats offered in various global locations.

Price range: \$1000 - \$8000

BARBARABADOLATI.COM | @BEWELL_RETREATS

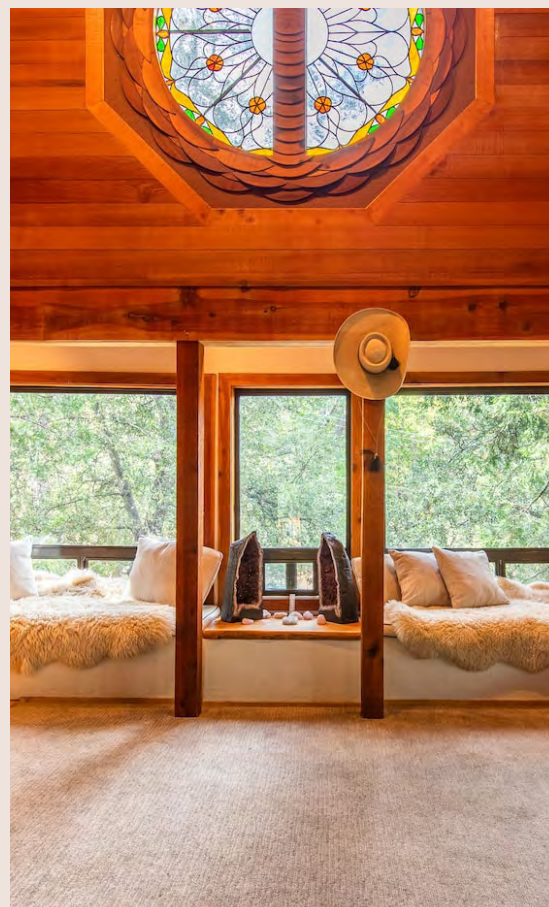
The Faerie House

LOCATION: Idyllwild CA

WHAT IT IS: A Witchy Wonderland Retreat Cabin just 2 hours from LA & San Diego. This 3-level Pagan Gem sleeps 16 across 6 themed bedrooms. There are divine bathtubs, pole dance studio, esoteric library, 3 fire pits, sauna, spa & outdoor shower. Intimate retreats, photos shoots, inspiration or simply open-hearted dance & play are welcomed and encouraged. Contact Kate SunStar directly and drop the name *Conscious City Guide* for Extra Goodies. **Price:** \$333 - \$999

REVIEW: Kate gave us a quick tour of the property, which we were very grateful for, otherwise we may not have discovered half of the hidden amenities sprinkled throughout the property. The outdoor space alone made the trip from LA worthwhile: decks that never end, an elevated bridge connecting one deck to another, a giant, a wide-open outdoor shower surrounded by a canopy of trees, comfy outdoor chairs and sofas, and the in-deck hot tub...oh, the hot tub...it made the stress of LA melt away. I can't stress enough how strong the energy is on this property, and you'll feel it from the moment you walk inside. The kitchen has everything you'll ever need. The master suite occupies the entire upstairs, with a fireplace, a massive king sized bed, and an oversized bathroom with a huge soaking tub. On the first floor there are two of the coolest bedrooms in California. And lest we forget to mention the insanely beautiful rose soaking tub and custom wood-adorned bathroom fixtures, one of my favorite features of the home! - ss

FAERIEHOUSEIDYLLWILD.COM | @FAERIEHOUSE



THE FAERIE HOUSE

PAID FEATURE

A Bohemian Yogi's Guide to Blissful Wanderings

SOULFUL SOJOURNS

As you embark on a new cosmic journey in 2024, take time to embrace intentional travels that resonate with the rhythm of your soul. Discover Soul Community Planet (SCP) Hotels' insights into infusing your adventures with radiant well-being and plan for a truly meaningful year of travel ahead:

BE NURTURED BY GAIA'S EMBRACE

Immerse yourself in Mother Nature's healing embrace, where deeper sleep, stress relief, and mental serenity await. Seek destinations that echo with nature's heartbeat, whether nestled near nature parks, overlooking oceans, or boasting their own private hiking trails. Elevate your experience with intentional activities, like Forest Bathing at SCP Mendocino Inn and Farm. Let the spirit of the earth be your guide.

CELEBRATE THE VIBES OF LOCAL CULTURE

Your travel journey will transcend the ordinary when you immerse yourself in the vibrant hues and new perspectives of the places you visit. Open your mind and soul to cultures and communities by shopping, dining, and exploring locally when you travel. At SCP Hilo Hotel, let the aloha spirit embrace you with complimentary cultural gatherings and workshops such as lei-making, live music, and fresh fruit feasts.



CONNECT WITH YOUR TRIBE

Let your passions be the compass that leads you to kindred spirits. Explore transformative retreats that gather like-minded wanderers. Picture yourself flowing alongside fellow yogis at the *Elemental Connections Retreat* in January 2024, hosted by Soul Community Planet and Andrew Sealy at SCP Corcovado Wilderness Lodge in Costa Rica. It's not merely a journey; it's a cosmic dance of shared joy and transformative energy!

READY TO FLOW INTO WELL-BEING IN 2024?

Embark on a bohemian yogi's dream at Soul Community Planet (SCP) Hotels and explore handcrafted destinations at SCPHOTEL.COM/LOCATIONS/ to kickstart your soulful sojourn today.



Namaste, cosmic wanderer!



A Guide to Timeless Podcast Episodes

SOUNDFOOD WITH NITSA CITRINE

The Tao of Living Tea: Traditional Chinese Medicine, Tea Ceremony and Zen Wisdom with Colin Hudon

www.soundfood.space

EXPANDED PODCAST WITH LACY PHILLIPS AND JESSICA GILL

Episode 89: Ramit Sethi on Navigating Finances During Challenging Time

www.tobemagnetic.com

FOR THE WILD WITH AYANA YOUNG

Episode 65: Brontë Velez on Embodying the Revolution

www.forthewild.world

DEJA BLU PODCAST

Episode 110: Humanity's Future in a Changing World with Richard Rudd & Zach Bush

www.bluofearth.com

REVIEW: I love this podcast. I had to listen to it twice as there are so many beautiful pieces I wanted to sink in. I loved Blu's opening grounding prayer, Richards's blessing, and —always— Zach's wisdom. This was true alchemy having these three minds having a beautiful conversation about: our potentials, intelligence of the gut, learning from Nature's intelligence of dismantling what was, becoming really curious about what is coming, and always leading with Love. As Blu says in the beginning, this episode was "weaving some brilliant minds together." She certainly did, I *love* this podcast so very much. - KF

A Mushroom Guide's Favorite Hikes in Topanga CA

Topanga Canyon Born & Based Mushroom Guide Brando Farr knows lots of lesser known trails, park entrances, and seldom walked paths in Topanga. These paths are not so easy to navigate nor do they have directions for outsider use. Those are the places where Brando usually leads his small groups or his private classes, so that he may provide an authentic "locals only" behind the scenes experience.

1.

RED ROCK CANYON PARK

Not incorporated into Topanga State Park. Lovely flowing creeks in the winter and spring. Near the entrance of the park, many varieties of winter mushrooms may be seen growing for photography purposes.

2.

HONDO CANYON, VIA BACKBONE TRAIL

This section of the Backbone Trail climbs 1,550 feet of switchback over 3.67 miles, offering excellent views of Topanga and its surroundings. Offering secret swimming creeks fed by mountain springs, multiple varieties of seasonal wildflowers, mushrooms, herbs, and wildlife.

3.

MUSCH MEADOWS

A lesser known, less busy, northern entrance and campground to the Topanga State Park. Offers wonderful views and vistas, seasonal creeks, and canyons, where mushrooms may be observed.

Students and clients may hire Brando via instagram



C **NSCIOUS**

[CONSCIOUSCITYGUIDE.COM](https://conscioucityguide.com)

Your guide to conscious events + workshops + retreats
+ places around the world. List your high-vibe events
& find aligned experiences for our collective evolution.