

HEALING ARTS - NEWS FROM THE MATT:

In case you didn't see our recent press release, there is something new coming to Stable View: Tucked away in trees on the right-hand side of Stable Drive, in a new state of the art building, the center should be completed in a little less than a year.

We invite you to discover the transformative power of our new healing arts program. Experience rejuvenation and well-being like never before. Join us in our serene oasis at Stable View, where we are developing a center where ancient practices will blend seamlessly with modern therapies to uplift your mind, body, and soul. Embrace a harmonious lifestyle and embark on a journey of holistic healing, right in the heart of your community.

You may not know that you can already sign up for a yoga class for only \$15 on Mondays and Thursdays from 8-9am at Stable View in the pavilion. With over 19 years experience in teaching yoga, Elena integrates different styles with a heavy emphasis on alignment, safety, and body awareness to prepare you for your day ahead. Elena is RYT certified, Aerial yoga certified and certified in Sound Healing through The Sound Healer's Academy in Los Angeles. She is currently working on an in-depth teacher training on the nervous system and restorative yoga. Please call the Stable View office at (484)356-3173 with any questions and to book your place.

We also want to thank everyone who took time to complete the Healing Arts survey.

Congratulations to the randomly drawn winners of a \$25 Amazon gift card each:

1. Randi G
2. Susannah P
3. Patricia H
4. Jane T

There was lots of valuable feedback from the survey. Below is just a small sampling of some comments that were received:

- "I am super excited to hear that Stable View is broadening their scope and considering offering these amenities. We love showing at Stable View. This really would just be icing on the cake to our visits!"
- "It's wonderful how SV keeps coming up with new ideas! I remember when you were first built. 😊"
- "If massages were offered at Stable View, I would be first in line for booking every time we visit."

Please join our WhatsApp group to be up to date on the progress of the building, an upcoming retreat package, and more.

