



HEALING ARTS STUDIO CHECK-IN:



The Healing Arts Studio has officially broken ground. This building is tucked back in the trees away from the everyday hustle at Stable View. The back of the building will peer into the woods where visitors can also see the creek down below. This makes for the perfect spot for healing of both the body and the mind.

While there is much excitement around the completion of this building, there are still plenty of Healing Arts activities to participate in at Stable View. Every Monday and Friday from 8:15am-9:15am there are yoga classes in the upstairs of the pavilion. They are taught by Elena Bradford. In addition, there are Mini Retreats guests can sign-up for. These include a yoga session, a sound bath, a guided nature walk, and a catered lunch by Stable View's Chef Steve.

Yoga Class Sign-Up:

<https://www.vagaro.com/cl/~lyTAUY~tz8wnwC5~0YFMt7MOJX9-sdUQvsJTqfUYYYY=>

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