



## **HEALING ARTS STUDIO UPDATE FROM CYNDY**

**Construction at Stable View's Healing Arts Studio is progressing steadily, and we would like to share developments with our community. The walls are up, the roof is being completed, and plumbing and electricity installations are underway. We're thrilled to announce that the Infrared sauna, a cornerstone of the studio's offerings, is ready to ship, bringing us one step closer to providing a comprehensive wellness experience.**

**While the physical space is taking shape, our commitment to promoting holistic well-being remains steadfast. Yoga classes continue to be offered on Mondays and Thursdays from 8:00 am to 9:15 am, providing a nurturing environment for mind-body rejuvenation.**

**As we witness these advancements, we invite you to pause and reflect on your own well-being. Just as we invest in our horses' health with shoeing, massage, chiropractic care, injections, and saddle fitting, it's essential to prioritize our own self-care. The development of the Healing Arts Studio serves as a poignant reminder of the importance of investing in yourself. If you are balanced, it will help your horse to be balanced!**

**Stay tuned for further updates as we move closer to the completion of this transformative space. We look forward to welcoming you to the Healing Arts Studio and supporting your journey to wellness.**