Whispers from Tanglewood Winter Solstice

December 21, 2024

The air is fresh, the sun plays hide and seek and in between the gray, snowless sky creates a mood. It is no wonder that for centuries, creatures stayed busy during the harvest to store supplies for such a time as this. Humans, however, are not subject to the power, during the dark months, other activities, like partying, take hold. It is time to do is to wait for more light and the warmth promised in Spring. We as humans are programmed to go, go, go constantly. We stay engaged and distracted and push through often ignoring our body's need for restoration. I hope this is the sign you are waiting for, perhaps the permission you needed. Put on comfortable clothing, snuggle under a cozy blanket and take time during this season to come back home to yourself. What do you need? Are there any rituals that will sooth your soul? If so, do them. Surround yourself with those who understand and support you and your needs. Now is when we build that which will nourish us when it is time to emerge, bud, and flower come March and April.

Be present. Love of love, Julie

Want to apply the restoration guidance above in a group approach? Maybe start here:

Find Your Peace Experiences!

Choose your date, select either a ½ or 3 hour duration, and get your groups together, we will do the rest! Choose from Meditation, Reiki Healing, Sound Healing, Herbal parties, as long as you have a minimum of 3 participants - we've got you covered!

Contact Julie at 443-250-6360 or julie@tanglewoodfitnesscoaching.com

FCPS Fam Support Services - Frederick, MD

FVP Testimonials

"I have been raving about my experience. Thank you all for your time, talent, and compassion."
Lea B. – Westminster, MD

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"Well, that's a wrap for this year's Caregiver event! It was a great day and I want to thank you for your amazing caregivers. From relaxing negative emotions, yin yoga, sound therapy, art therapy, massages and Reiki to nourishing healthy snacks and lunch, it was a day of unbelievably positive vibes."
FCPS Fam Support Services - Frederick, MD "I want to remind everyone to take care of yourself and give yourself some grace. Taking time for you is never selfish."
A special thank you to Tanglewood Life Coaching, LLC, Reiki Healing, Sound Healing, Herbal Healing Center, and The Chick for making this day count for these caregivers!
FCPS Family Support Services - Frederick, MD

Gratitude

As we come to the end of the year, I want to take time and space to thank those organizations with whom I've connected and partnered:

Agape Your Way Expo
Frederick County Public Schools
Bellomo & Associates
Bridgeyard @ Hospice
Brook Farm Tavern
Brooke Daugherty - Day Chick
Carroll County Public Library
Carroll County Public Library
Chick Fil A
Community Resource Fair
Drug Awareness and Violence Expo
Fall Fun Festival Frederick
Frederick County Public Schools
LifeBridge Health
Mr. Rogers
SoupCloud
SOWC
Spring Into Healthy Living
Tami Gee's Studio of Dance
The Girl Next Door Healing Center (Rachael Karcz et al)
Tranquility
WEEG
YESS!

Tanglewood Core Services

Spring Mixtape + Sound Healing

Reiki Energy Healing

Private Session (Westminster, MD)

Reiki (pronounced rake-ee) is an energy healing technique that transfers universal life energy through the practitioner's hands to balance energy centers in the body, promote healing, relaxing and gentle.
Fee: $80 per session
To learn more contact Julie at 443-250-6360 or julie@tanglewoodfitnesscoaching.com

Reiki Level 1 Certification is Here!

Currently this class is offered by appointment. Contact with me to chat about the perfect timing!

If you have been considering learning how to use Reiki and Healing Touch to connect to harnessing certified to provide Reiki for yourself or others, Tanglewood offers a Reiki Training Program!

Reach out to Julie at 443-250-6360 or julie@tanglewoodfitnesscoaching.com for more information!
This world needs more healers, let's see if one of them is you!

Adult and Teen Life Coaching

Do you feel stuck? Do you feel anxious, angry, sad or lifeless? You are not alone. Many wonder through their days thinking, "Is this it?" If you have any of these feelings and if you find yourself questioning what you can do to feel better please reach out to me to schedule private coaching. Many times, just a few sessions will allow you to feel more balanced, more hopeful and more at peace.
Fee: $80 per session
To learn more contact Julie at 443-250-6360 or julie@tanglewoodfitnesscoaching.com

Small Group & Event Speaking

If your organization is in search of a speaker for your next event, depend on Julie Cassaday to bring the just right words, compassion, and authenticity to your audience. Available content includes Mindfulness, The Importance of Self-Love, Healthy Communication, Change Management, Releasing Negative Emotions, Turning into gendarme from a higher power, or Caregiver Health and Well-being.
To learn more contact Julie at 443-250-6360 or julie@tanglewoodfitnesscoaching.com

***Please do not let this be a barrier to engaging with Tanglewood. Contact Julie to discuss your needs

For Caregivers

The Coaching Corner at Tanglewood

Julie is returning to production of videos uploaded to YouTube and the Tanglewood website. Currently this content is specific to those in a Caregiving role. With that said, much of the content can apply to all of us through the lens of Mindfulness. These are always free and are posted on YouTube. Subscribe to the channel will also be available via the SoupCloud app. This app is designed to simply caring for aging loved ones with Sign-Based senior-specific mobile apps. This is the first mobile application built exclusively for working family caregivers.

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