

THE BAREFOOT COUNSELOR

JUNE 2024

NEWSLETTER

WELCOME



Hello! I hope this message finds you in good health and high spirits. You are receiving this newsletter because you have exhibited interest in me or my services in the past, and I am excited to share some exciting news with you. The last eight weeks have been a whirlwind. In May, I was the keynote speaker at The Beauty is a Feeling campaign and was on the Healing with the Arts panel at the Artpreneur Conference. I moved into a new office and started a non-profit for the Peachtree City Community.

INTRODUCING HEALING WITH ART N SOUND

Healing with Art N Sound is a nonprofit I started a month ago. It is a collaboration of creatives who bring art, movement, sound baths, and drumming to our community. We offer our services to hospitals, assisting living communities, other nonprofits, and any group of individuals who cannot come to us. I am very excited about this project and look forward to everything we can do for our community.



UPCOMING EVENTS

Sound Baths are held most Thursday at 7 pm. for \$40

This summer, our sound bath sessions will be held June 13, June 20, June 27, July 11th, and July 25

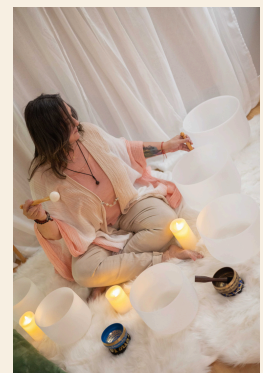
Drum Circles are held most Sundays at 4 pm for \$40

This summer, our drum sessions will be held on June 16, June 30, July 7th, July 21 and July 28.

Click the link below or call/text 770.624.3556

to reserve your spot

[REGISTER](#)



www.lrhynes.com

NEWSLETTER

WELLNESS WORKSHOPS

Workshops are held every six weeks. It is a four-hour self-exploration consisting of art, movement, a sound bath, or drumming. These tranquil sounds and rhythmic experiences have been shown to soothe the central nervous system and alleviate stress and anxiety.

Our next workshop will be held on July 20 at a fee of \$80

Click the link below or call/text 770.624.3556 to reserve your spot

[REGISTER](#)

TIP OF THE MONTH

Meditation is a powerful practice that offers numerous benefits for both the mind and body. It helps reduce stress, anxiety, and depression by promoting relaxation and fostering a sense of inner peace. Regular meditation can improve focus, enhance emotional well-being, and increase self-awareness. It also has physical benefits, such as lowering blood pressure, improving sleep quality, and boosting the immune system. By incorporating meditation into your daily routine, you can cultivate a more balanced and harmonious life.

