

# THE BAREFOOT COUNSELOR & HEALING WITH ART N SOUND

## NEWSLETTER

SEPTEMBER 2024

## WELCOME



Welcome to September! As the summer begins to wane and we transition into the cooler, introspective months, it's the perfect time to turn inward and focus on our well-being. Whether you're returning to routines or seeking new beginnings, this month offers a gentle reminder to nurture your mind, body, and spirit. In this edition, we're excited to share upcoming events, inspiring stories, and tips to help you find peace and balance as we enter this new season. Let's embrace the change together and continue our journey of healing and growth.

## ART N SOUND SCHEDULE

### September Schedule

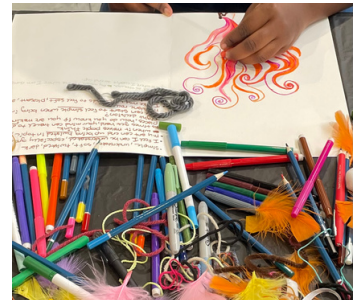
Call or Text 770.624.3556 to hold your spot

*Sound Bath* will be held.

September 5

September 26

All sessions are 1 hour long,  
starting promptly at 7 pm at \$30



*Drum Circles* will be held.

September 29

All sessions are 1 hour long on the front lawn,  
starting at 4 pm at \$30



*Wellness Workshop*

September 28

From 1 to 5 pm

\$80

CALL/TEXT  
770.624.3556  
TO HOLD YOUR SPOT

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## HEALING WITH ART N SOUND

Last month, our team participated in the Southside Support Expo. While most vendors focused on children, we dedicated our efforts to supporting parents. We do this by providing a safe space for parents to address the stress of raising a child with challenges. If you know a parent who needs our services, please have them contact us at 770.624.3556.

Ms. Rhyne attended Sand Therapy training led by the renowned trauma expert Eliana Gil. Sandtray therapy is a powerful therapeutic tool used by mental health professionals to help clients express and process emotions, explore their inner worlds, and work through trauma and other psychological issues. It also allows clients to express feelings and experiences that may be difficult or impossible to articulate with words.

This month, we are excited to partner with Herbal Alchemist Mayah Anderson. Mayah is the visionary behind Rotted Vines and has over 20 years of experience in the medical field. Rooted Vines is a tea company, but not just any tea company. The teas are carefully crafted to offer more than nourishment—they provide moments of peace and connection to a community committed to mental well-being. Starting September 26th, Mayah will join us at Sound Bath and present her teas. It will be a Sound Bath and Tea with Maykia and Lei. What better way to spend your Thursday evening?



## PREPARING FOR THE HOLIDAYS OF AUTUMN AND WINTER

Awe, Fall. The season is changing, the air is getting crisper, and the number of get-togethers is increasing. It seems that we go from warm and cozy to frantically planning one event after another. Whatever event you will be planning or attending, it is best to manage expectations and recognize that things may not go perfectly as planned, and that's okay. Focus on enjoying the moment and staying present.

Engaging in stress-relief activities such as meditation and yoga or creative expression activities like drawing, painting, writing, or playing music at least twice a week will help you keep your mind more at peace for your upcoming events and not get overwhelmed.

## DATES TO REMEMBER

September 2: Labor Day  
September 6: National Fight Procrastination Day  
September 15: National Double Cheeseburger Day  
September 21: World Cleanup Day  
September 28: National Family Health and Fitness  
September 29: World Heart Day  
September 30: International Day of Podcasts

