Seasons of Change!

Welcome to anyone who attended their first session! Once again, it was so exciting to meet you. We hope all of you found the session beneficial. The feedback has been so positive and we love hearing from each of you. All of the comments and feedback lead to a better session the next time. We hope you enjoyed the ambiance of the new lights! Share your feedback and let us know if you have any other suggestions.

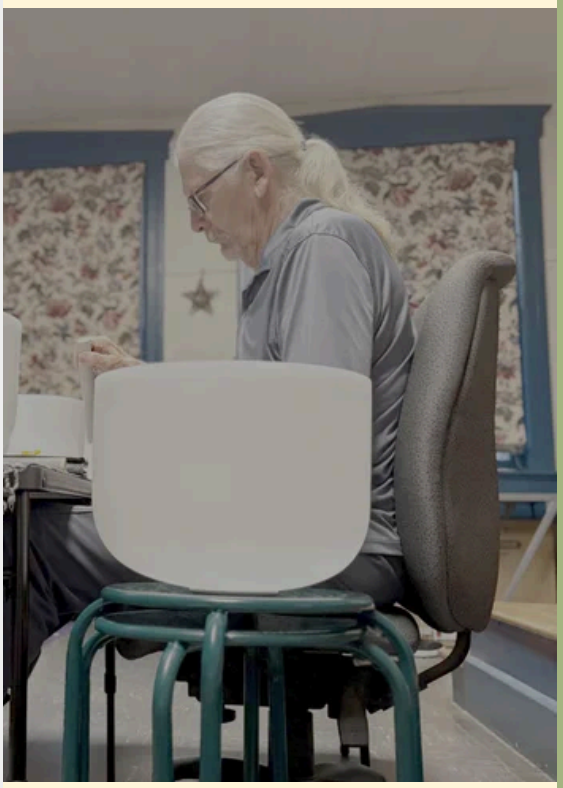
What's new

Launching the 2027 Calendar

We're excited to share that we'll be extending our partnership with Hitchcock Free Academy for 2027. We'll be continuing the General Wellness Series over the course of the next year. This series is made up of six unique sessions each addressing a different aspect of our health. Come to one or come to all! We will do two rotations of the six sessions in 2027. You can view the full schedule below or on our Website. For more updates you can follow us on Facebook and Instagram!



We are now able to offer walk-in and pre-registered cash pay for Sound Therapy Sessions at Hitchcock Free Academy. It is getting cooler so we do recommend that you bring a blanket and you may want to consider something under your head if you prefer to lie down. Attendance has been increasing so just a reminder that space is limited and pre-registration is recommended. If you are planning to walk-in make sure to arrive early. Just one session left in our General Wellness Sound Therapy Series for 2026. We hope you'll continue to join us at the Hitchcock Free Academy!





Education Corner

Everyday life is full of Challenges

Just as nature has changing seasons, life has seasons of change. In today's world because of the advances in technology and the internet we have a more global sense

of connection. The impact of this connectedness is more visceral because of its immediacy and volume. We are able to maintain deep and personal connections all over the world, allowing us to share the joy and the pain of both major and minor events in real time.

The impacts of a global event big or small can be wide reaching with little time to process. The effect of these events can be emotional, physical, financial, or environmental and we may have little time to adapt; creating a sense of loss or grief. Compound this with everyday changes and challenges such as family life, career changes, loss of pet, health issues etc. and it is easy to become overwhelmed. When a major loss is added to the mix we have to account for the long term process of grieving.

Why are challenges, loss, or grief a different kind of stress?

Often when we experience loss we have to learn to live around that space in our life. Like grief this is a process that takes time. The amount of time required for every individual is unique. We do not get to determine the length of time. As we face challenges, grief, or loss we have to move through the experience. This process should not be skipped. The long term nature of this stress requires more ongoing attention to navigate well. It can also be more erratic than your every day stress. You may start a day perfectly fine and end up unexpected struggling at any moment. On the opposite hand, things you expect to struggle with you handle well. The lack of clarity about what may evoke emotions is its own form of stress. It is different from other types of stress due to the long term nature and lack of clear end date. There is not really a goal or event to work towards nor should there be as the process takes however long it takes.

Ways to care for yourself or others experiencing a life challenge, loss, or grief.

- BE GENTLE WITH YOURSELF AND OTHERS
    - Remember that this is a long process and patience is needed. Give grace and consideration to yourself and others. In general when a person is in pain it is difficult for them and the people around them to maneuver. All parties may struggle. It is important to do our best not to assume ill intent.
- Seek Support and Space Equally
    - There are times when you may need space but also times when you need to be supported and in community.

- Make Caring for Yourself a Priority
    - This can mean hygiene or non-physical care. All aspects of your health and well being should be prioritized when experiencing this process. It is easy to let self-care fall away.
    - Seek things that bring you joy, build you up, and make you feel supported in a healthy way. Be careful not to go so far as to over indulge.

Upcoming Events



There is just one session left in 2026!

- November 14, 2026 Life Challenges, Loss, & Grief

2027 Sessions will be every 4 weeks starting in January!

- Chakra Cleansing & Balancing 1/9/27 & 6/26/27
- Vital Flow Organ Tonification 2/6/27 & 7/24/27
- Stability & Balance 3/6/27 & 8/21/27
- Stress Management 4/3/27 & 9/18/27
- Immune Defense 5/1/27 & 10/16/27
- Life Challenges, Loss, & Grief 5/29/27 & 11/13/27



Registration for each session will be available on the Hitchcock Free Academy website.

Please register in advance to join us for sessions as space is limited. If space is available walk-ins are welcome. Register now

Our General Wellness Sound Therapy Series is cohosted with Alora of Health Well Crafted and offered at the Hitchcock Free Academy. Each session is specially formatted to offer attendees a different wellness benefit.

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