Whispers from Tanglewood



While driving today, I glanced at the dashboard and saw 90 degrees. I notch up the air conditioning and feel immediate relief. I look at the blue sky through the windshield and take in the fluffy white clouds showing off on this very warm Longest Day, the Summer Solstice 2024. If you find a moment of stillness today, consider setting an intention and sending it off to ride the extra minutes of daylight for all the world to see. Take a step into action, even just one small step that tells God and the Universe that you mean business. Bathe in the full moon as it lights up the night sky and dance with the fireflies. Be free, be joy, be peace. Lots of love, Julie 000

News!

Testimonials

The following from a participant in a retreat for the Care Partners of those living with Young-Onset Dementia (Dementia diagnosed prior to age 65) "The mindfulness group was the best experience for me. I no longer have guilt about the care I gave my

husband. I have a whole new outlook about guilt"

Special Offering



Calling All Caregivers! Date: Thursday 7/11/2024 9:00 AM - 12:00 N Location: 1835 Gablehammer RD

Collaboration.....

Westminster MD 21157 (The Barn) Fee \$150 Calling All Caregivers! This special event is for both the family

and the professional Caregiver. No matter the age of the person

for whom you care, please take time to join us for this very

special event!

Participation includes a 90 minute Caregiver workshop and a service of your choice (Reiki or Massage). Light Refreshments. Location: The Girl Next Door Holistic Beauty and Healing Center at 1835 Gablehammer Road Westminster, MD.

Space is Limited so please register soon. To book please contact

Julie directly at 443-250-6360. Select Reiki or a Massage

wellness service. Thank you.

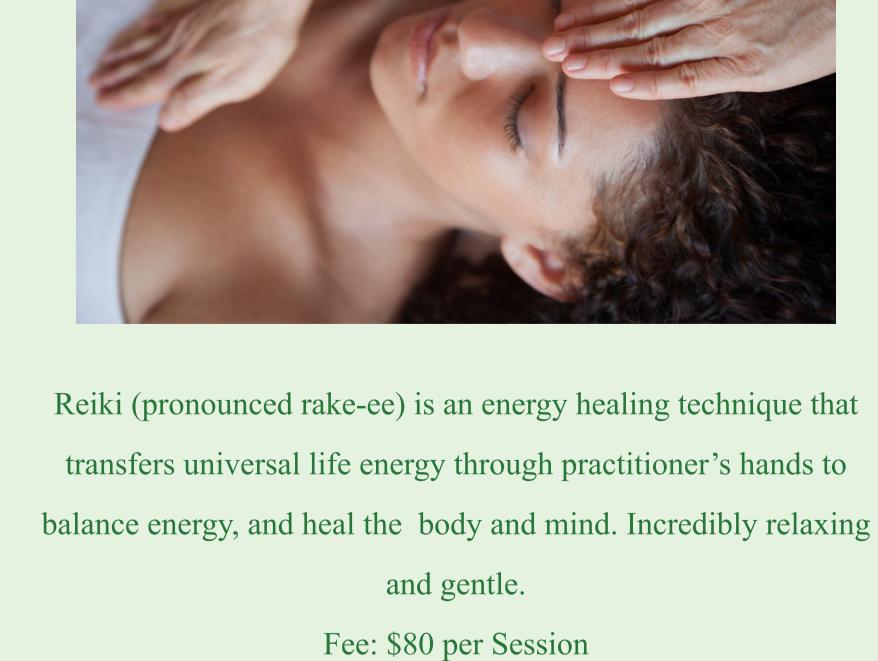
Note: If you employ caregivers, please consider sponsoring participation in this event! They will be so grateful you did. To register by email julie@tanglewoodlifecoaching.com or text/call 443-250-6360

You may also **CLICK HERE** and visit the Tanglewood website to register.

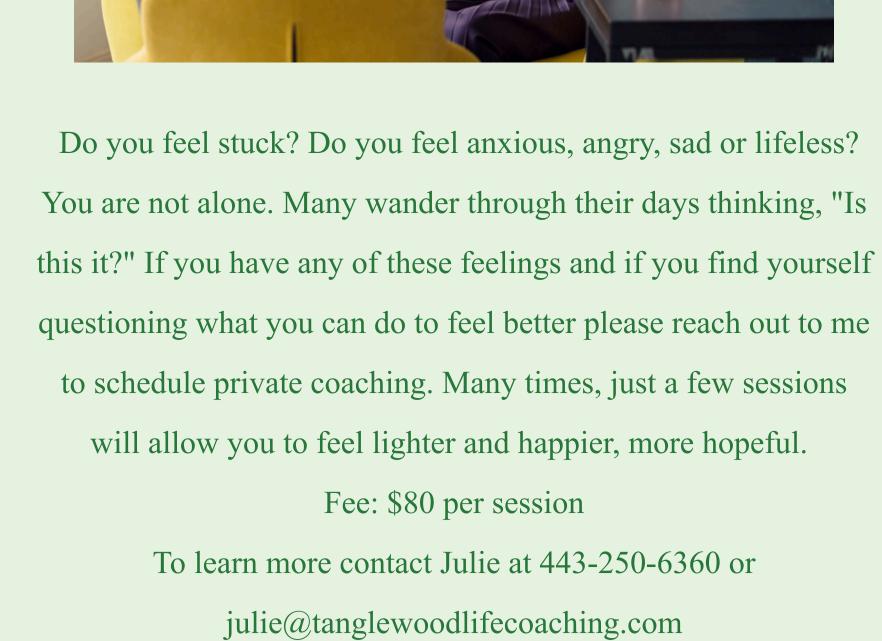
Tanglewood Core Services

Or Browse Offerings

on the Website Reiki Energy Healing



To learn more contact Julie at 443-250-6360 or julie@tanglewoodlifecoaching.com Adult and Teen Life Coaching



Reiki I & II Certification is Here! If you are considering learning more about Reiki Energy Healing or have interest in becoming certified to provide Reiki to yourself or others, Tanglewood offers a Reiki Training Program! Reach out to Julie at 443-250-6360 or julie@tanglewoodlifecoaching.com for more information! This world needs more healers, let's see if one of them is you!

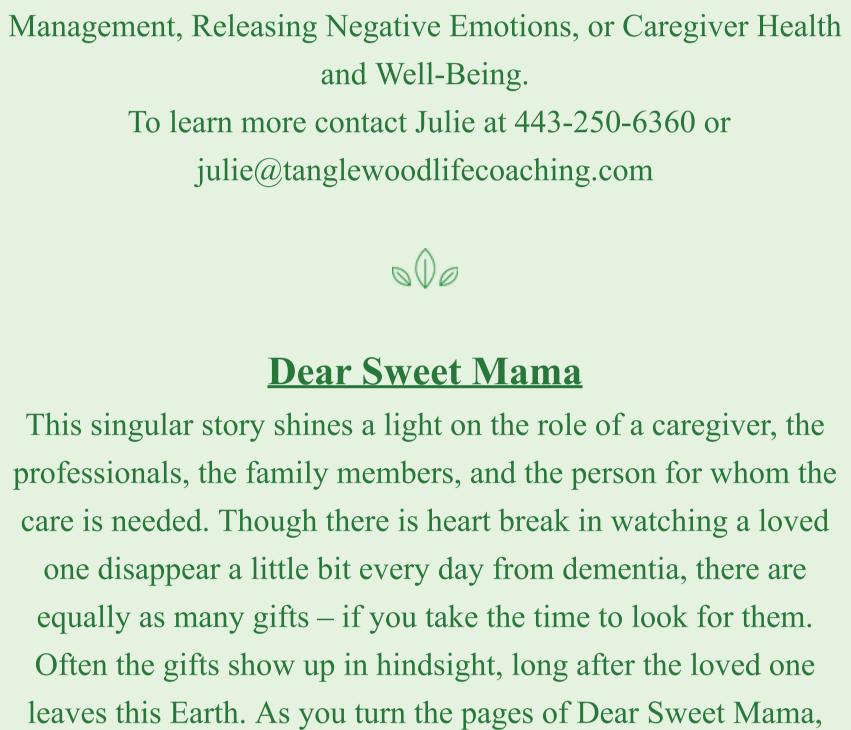
Event Speaking

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, Healthy Communication, Change



Julie has this to say: "You will feel your heart on this ride and I

hope too, that you will smile as you wipe away a tear. This

journey is for you and about you just as much as it is about me.

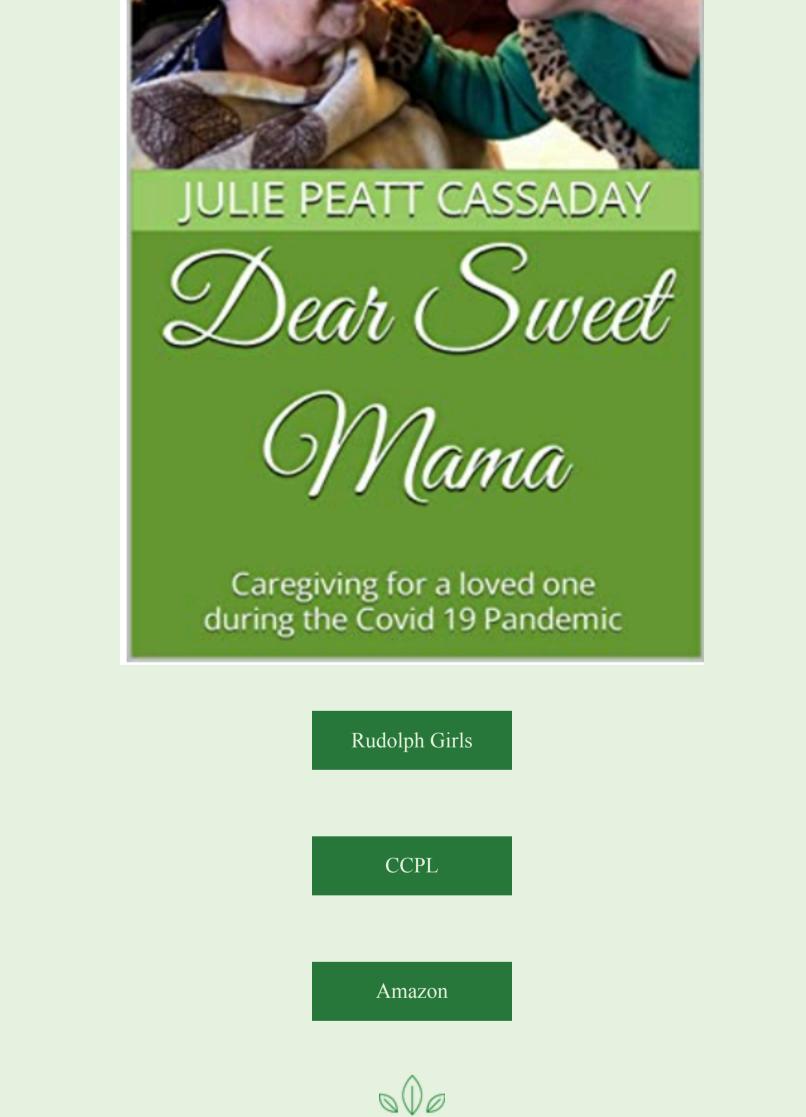
All of us will have a time in life where we care for someone and

we are so close to the end of another's journey that it takes our

very own breath away."

Now at Carroll County Public Library!

Dear Sweet Mama, authored by Tanglewood's Founder, Julie Cassaday is available at Rudolph Girls in Westminster, MD or in various formats via Amazon.



Tuesday, 6/25/2024, Level II Reiki Certification Training, Westminster, MD 9:00 AM Tuesday, 7/9/2024, Level I Reiki Certification Training, Westminster, MD 9:00 AM

Upcoming Events

Thursday, 7/11/2024, Calling All Caregivers Event @ The Girl Next Door Holistic Beauty and Healing Center at 1835 Gablehammer Road, Westminster, MD 21157, 9:00 AM - 12:00 N

Monday, 7/15/2024, Mindfulness & Meditation @ Atrium Village 4730 Atrium Court, Owings Mills, MD

21117 2:00 PM - 3:00 PM Tuesday, 7/23/2024, Mindfulness for the Professional Caregiver, @ Silverado Frederick Memory Care Community, Frederick, MD 3:00 PM - 4:00 PM

Wednesday, 7/24/2024, Mindfulness & Energy @ Brightview Crofton Riverwalk, Crofton, MD 6:00 PM -8:00 PM Thursday, 8/1/2024, Mindfulness for Mental Well-

Being @ WISH (Women Inspiring, Supporting and

Helping), Frederick, MD 8:00 AM - 9:00 AM Wednesday, 8/14/2024, Back to School Resource Fair @ Town Mall in Westminster 11:00 AM - 1:00 PM

Thursday, 9/13/2024, Aging Your Way Expo Reiki

Agricultural Center - Shipley Arena Westminster, MD

Sessions for Attendees @ The Carroll County

9:00 AM - 2:00 PM ***Please do not let fees be a barrier to engaging with Tanglewood. Contact Julie to

discuss your needs

Share on social

Westminster, MD, USA Check out my website \bigcirc $\mathbf{O} \times \mathbf{O}$ 443.250.6360 This email was created with Wix. Discover More