

Small Business Saturday Guide



A COLLECTION OF SMALL BUSINESSES WITHIN THE HOLY YOGA COMMUNITY

Thank You!

We know that owning a small business can be very rewarding but is not without its challenges, so we wanted to do something special to support the small businesses within our community!

We've thoughtfully curated this guide to highlight the small business owners who are also a part of the Holy Yoga® family.

We hope you'll take a moment to look through this amazing list of small businesses and consider supporting them in whatever way you can!

Many of them have even been gracious enough to offer a special discount just for our Holy Yoga community for Small Business Saturday on November 25!



Allie Kulin

doTerra

Using essential oils is such an important part of my health journey, my faith, and sharing Jesus with my friends and family. I love discussing how oils can help your mind, body, and soul and incorporating them into my yoga practice too. I offer anything from essential oils, blends, skin/hair care products, oral hygiene, nontoxic cleaning products, and even supplements to help your every day lifestyle.



oneloveonebody.com



@Alliekulin_

Amy Walton

Holy Grounding

I am a certified Christian life coach and grief coach, as well as a yoga teacher and writer who offer individual and group coaching and yoga/meditation.



holygrounding.com



amywaltoncoaching@gmail.com



Use code HY2023 for 25% off any coaching package

Anita R Reid

The Diabetic Toolbox

The Diabetic Toolbox offers individual and group coaching for folks diagnosed with diabetes. I opened our e-commerce store, to raise funds for our free community programs. The Diabetic Toolbox store is a curated collection of inspirational, funny, and cool gifts. Including t-shirts, sweatshirts, bags, mugs, and more.



thediabetictoolboxstore.com



Use code HY2023 for 20% off your purchase



Ann Karay

I offer success coaching services.

THE I AM
Series™



annmkaray@gmail.com



annkaray.com



10% off services for all
Holy Yoga Instructors

Bethany

Waniya

I offer massage, craniosacral, and yoga.

 WaniyaHealing.com

 Bethany@WaniyaHealing.com

 Use code HY2023 for 15% off of a session

WANIYA
HEALING

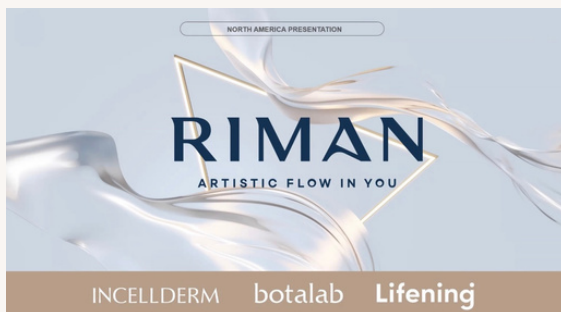


THERAPEUTIC
BODYWORK

Brian Kim Park

Riman

I offer Korean Skincare, Haircare, and Health Care.



jhpark1782@gmail.com



www.Riman.com



949.246.1081

Britt Pryor

Faith Based Wellness

Nutritionist, fascia expert, 15 years of teaching, Personal training, Macros specialist, franchise owner.



faithbasedwellness.co



@rebornbritt



Use code HY2023 for a free 30 minute consultation.

Brooke

Inspired Yoga

Online Christ-Centered Yoga! We have 100+ yoga videos and devotionals for people to enjoy at home, in a park, or anywhere! With our free app, you can easily take your yoga practice on the go!



INSPIRED YOGA



inspiredyoga.life



@inspiredyoga.life



Use code HY2023 for 50% off a subscription — for life!



Cathy Valor

Valor Yoga

Holistic Wellness consulting, digestive issues, hormone imbalance, PTSD, yoga, meditation.

 cathrynvalorholisticwellness.com

 @valoryoga

 Use code HY2023 for \$50 off a holistic wellness appoint or yoga classes.

Cheryl Lovelace


Twisted Sister Yoga

Christian yoga retreats



 TwistedSisterYogaLLC.com

 cheryl@twistedersisteryogallc.com

 Use code HY2023 for \$200 Resort Credit with \$500 deposit down

Chrissy Helmer

Eco Chic Inc

13 years faith and female ran brick and mortar wellness store



ecochiclifeline.net



@ecochicinc



chrissy@ecochiclifeline.net

Courtney Davis

Resiliency Wellness

Resiliency Wellness Center, Chiropractic, Acupuncture, Massage, softwave therapy, Pelvic floor PT, ozone sessions, and yoga



drcourtneydavis@gmail.com



drcourtneyndavis.com



Use code HY2023 for a free gift with completed appointment

Dana Neff



Heart and Soul Fitness

A safe space for women to come together in Christ! Holy Yoga, Trauma Sensitive HY, Yogalates, Pilates.

✉ neffmom2@gmail.com

f Heart and Soul Fitness VA

SALE Use code HY2023 for a \$10 drop-in class

Dana Schaub

Whole Self Care

As a Registered Dietitian and fitness instructor, I offer nutrition counseling and holistic faith-based health coaching.



wholeselfcare.net



@wholeselfcarerd




Use code HY2023 for a free discovery call and 5% off "Whole and Free" coaching.



Denida Chapman

Stitch Away Crochet

I make handmade crochet items ranging from dishcloths to sweaters. I even take custom orders.

 stitch_away_crochet

 dchapman193@cedarville.edu

 Use code HY2023 for 10% off



Diane Stakoe

Holistic Healing Therapy - energy healing and hypnotherapy services



dianestakoe.com



@diane_stakoe



Use code HY2023 for \$25 off a mini remote healing and intuitive guidance session

Doran Richards

Holy Yoga Shenandoah Valley
Blessing God's Way
Grace Midwifery

Holy Yoga Shenandoah Valley offers Christ-centered yoga classes and in-person Instructor Training.



holyyogasv.com



@holyyogasv

HOLY YOGA
SHENANDOAH VALLEY



Use code HY2023 for \$50 off September 2024 Instructor Training

Blessing God's Way is a ministry for women - building community and connection for holistic cycle health and phases of womanhood.



blessinggodsway.com



@blessinggodsway

Blessing God's Way
maidenhood - maternity - menopause



Use code HY2023 for a free The Blessings of Maidenhood, Maternity & Menopause Book

Grace Midwifery is a home birth and office birth practice nestled in the Shenandoah Valley of Virginia. Our practice prefers to maintain a small client load, serving one to three women a month. This enables us to give very individualized, intimate community care.



gracemidwifery.com



Use code HY2023 for a free package of NORA tea

Grace
midwifery




FLÖ

FLÖ Yoga + Wellness

Offering Christ-centered group and private yoga and Scripture meditation sessions, nutrition counseling, shopping and cooking sessions with an emphasis on plant based menus.

 @floyoganow

 **SALE** Use code HY2023 for 10% of Personal PlantCentric Shopping Session



Ginger Nicholson

Strasburg Notary

Mobile notary services



brand.page/strasburgnotary




strasburgnotary@gmail.com

Janet Goodman

Thirty-One Gifts

Thirty-one Gifts has a goal to assist people with solutions that make their life easier and more organized. We offer products that help you customize your look, your story and your style. While our totes and thermals are often what we are known for, we also offer a wide variety of products around purses, bags, organizational items, travel and gifting. Most items can be uniquely personalized! Thirty-one is more than a bag. We are a faith-based company and we enjoy celebrating, encouraging and rewarding others.

 mythirtyone.com/janetgoodman

 janetgoodman@me.com



Jeanice Durrah

Jeanice Sherai, LLC

Jeanice Sherai, LLC is a mental wellness company intersecting faith and yoga. Our mission is to promote whole minds and present moments. Our goal is to help men and women of color know the benefits mentally, physically and spiritually of practicing yoga. We offer public and private yoga sessions, meditation sessions, and silent retreat sessions. We also offer our very own devotionals, journals and books.



jeanicesherai.com



@jeanicesherai



Use code HY2023 for a 1:!
Virtual Meditation Session

Jennifer Hatcher

Circle Dog Soap

Handcrafted All-Natural Soap

 circledogsoap.com

 @circledogsoap

 circledogsoap@gmail.com

 Use code HY2023 for 10% off

Jennifer Reckmeyer

El Regalo Resort

Retreat/group opportunity or just come visit. This small Boutique Hotel is the perfect place to plan a remote getaway, yet close enough to plenty of adventure. This hotel features newly updated large rooms, each w and ocean view. A full service staff and locally sourced food. A private beach, in a safe lovely community. It also features a wonderful Yoga shala overlooking the lush mangrove valley. This is great for group retreats and there are plenty of spaces to relax quietly or come together as a group.



Elregaloresort.com



@el_regalo_resort



Use code HY2023 for 10% off booking

Jenny Cooper

Career Life Designs

Career counseling, somatic life coaching, relax & refresh workshops/retreats



Careerlifedesigns.com



Use code HY2023 for 15% off any service

Jessica-Lauren

With Milk and Honey

I'm a nutrition therapist/registered dietitian helping individuals break free from chronic dieting and disordered eating/eating disorders to live life abundantly. I support people in all body sizes and all diagnoses who want to focus on their health instead of their size for sustainable health and longevity!



withmilkandhoney.com



@withmilkandhoney



Use code HY2023 for 10% off Comprehensive Care Package

Kacie Steinmetz

Shine Yoga

We are a brick and mortar yoga studio that offers gentle yoga and Inside Flow, both in-studio and online, Reiki, massage, biomat sessions and lots of other workshops and retreats



Shineyogavabeach.com



hello@shineyogavabeach.com



Use code HY2023 for 20% off regularly priced services

Kate Ranstrom

Heaven to Earth Art

I paint prayer art for individuals. I ask the Lord for an encouraging word and picture for that person and then I paint it for them. I can make cards, or paint on canvas or art paper. These 'unique to you' pieces of art can make great gifts. They show the receiver that they are on Gods heart and what he is saying about them.



Heaventoearthart.net



@Heaventoearthart



Kateranstrom@yahoo.com



Use code HY2023 for free 3x3 prayer art card with any purchase (must email me).

Katherine Aker

Crossbeams Christian Yoga

Yoga Instructor, Steel Mace Vinyasa/Movement Coach & Small Retail Business featuring Simply Earth Essential Oils, Hand Made Soaps, Knit Ware, Baskets and Candles, Sashka Jewelry and Vintage Items.



www.calendly.com/thesevastudio/



@CBCYLLC



Use code HY2023 for 10% off purchase

Kelly Partyke

Firefly Yoga

In person and online yoga classes, retreats and Holy Yoga Instructor Training



[firefly-yoga-studio.com](https://www.firefly-yoga-studio.com)



@fireflyyogaandmovementsudio

Kristen Walters



Certified Lauren Doyle Relationship Coach

I help women transform their marriages and feel adored and cherished again. My sessions are Zoom sessions and based on the work of Laura Doyle in *The Empowered Wife*. Her concepts are Biblical and can be implemented without dragging an unwilling man to counseling!

 marriagecoachingforwomen.com

 Use code HY2023 for \$50 off 6 session package

KRISTI CLINE

We Write It Now

Resumes and career documents



WeWriteItNow.com



info@wewriteitnow.com



Use code HY2023 for 15% off any resume service

Lauren Marie Frost



Creative Freedoms

Creative Freedoms was born out of desire to help survivors like me who felt stuck in life and kept feeling resistance on all corners. I offer quality coaching, helping you feel empowered, clear minded and ready for elevating you to the next level of your vibrancy. I also offer therapeutic art activities, self-care guide, and personalized yoga sessions as options for your growth process.

 CreativeFreedoms.net

 @creative.freedoms

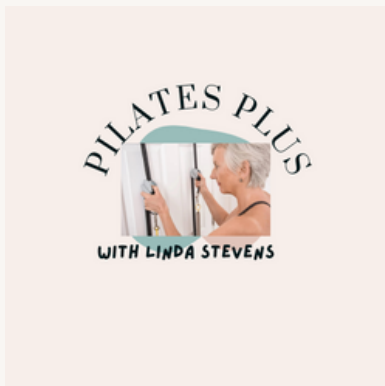
 Use code HY2023 for a free self-care guide

Linda

Pilates Plus

Core Studio the Pilates Barre

Personal Trainer - Movement for Older Adults - Also teach Pilates Springwall in a studio I co-own



pilatesplustx.com



corestudiopilatesbarre.com



Use code HY2023 for Package of 3 Online or In Personal Personal Training Sessions — includes exercise and meal plan

Lindsey Love

GoodKind

Helping you cultivate the GoodKind of habits and holiday celebrations.



goodkind.co



goodkind.shop



Lisa Brush

The Faith Mat

Christian Fitness Yoga Mats *personalized with scripture verse



@thefaimat



Use code HY2023 for
\$10 off

Lisa Emery

Lisa Lu Knits

I knit beanies, ear warmers, cowls and shawls from ethically sourced and sustainable wool. I love combing my love of knitting and the outdoors!



lisaluknits.com



@lisaluknits



Use code HY2023 for 20% off your entire order



Liz Hansen

Wild Peace Yoga Studio

Wild Peace Yoga is the balance between coming in from the wild world around us and finding peace beyond all understanding. Their mission is to provide a space that is warm and welcoming where everybody with any body can come build their faith, find their focus and feel connected to the community around them.



wildpeaceyoga.com



@wildpeaceyogastudio



Use code HY2023 to get
10 classes for \$100



Maia Campbell

Golden Shine

Commercial and residential cleaning



goldenshineclean.com



goldenshinecleanllc@gmail.com



Use code HY2023 for 20% off for new customers

Maria Auro-Rodriguez

Holistic Physio

Physical therapy ortho, women's health and pediatric services, recovery session, wellness and movement education



holisticphysiodoc.com



@Holisticphysiodoc



Special offer with code
MARIAYOGA20

Marie

Storm Chiropractic Clinic

Chiropractic & acupuncture care



stormchiroclinic.com



@stormchiroclinic

Nancy Iannios

Cow-A-Bunco

Cow themed bunco kits



cowabunco.com



chrysalishollyyoga@gmail.com



Use code HY2023 for \$5 off



Pamela McCulloch

The Carma Cover

The Carma Cover is an eco-friendly-machine washable-organic bamboo car seat towel that fits the seat! I created after falling in love with hot yoga but hated getting in my car soaked in sweat!



thecarmacover.com



Use code HY2023 for 25% off

Patty Englin

I am a Certified Christian Life Coach. I offer 1:1 coaching on Zoom to women so they THRIVE in their current season of life.

Patty Englin
CHRISTIAN LIFE COACH



@pattyenglin



Use code HY2023 for 10% off
12 week Coaching Package.

Patti Dolan

Blue Haven Beach House
Young Living Essential Oils
Mary and Martha

Blue Haven Beach House AMI is a vacation rental home on Anna Maria Island, Florida



onceuponabeachami.com/rentals/blue-haven-beach-house



dpsad95@gmail.com



Use code HY2023 for 10% off base rate

I am a Gold Brand Partner for Young Living Essential Oils. Being an RN, I offer 1 on 1 phone or in person consultations to see what products would benefit your health.



essenty.com/pattidolan



@amazing_grace_with_patti



Use code HY2023 for shipping credit rebate for orders over 100 PV

Mary & Martha home products carry messages of truth, hope, and love. Our heritage leads us to create products that combine quality and style with the timeless truth of Scripture.



mymaryandmartha.com/24471



Free shipping on orders over \$99 — no code needed

Rebecca Hawkins

Regenerative Workplaces

I offer Workplace Well-Being Strategy as a Consultant or Executive Coach. Services include employee experience measurement, Gallup Strengths assessments, coaching and team sessions, human centric business process improvement, trust building workshops, and leadership development programs.



regenerativeworkplaces.com



calendly.com/rebecca-regenerative-workplaces/30min



Use code HY2023 for 50% off a 6 session coaching package

Renee Clark

Renee Clark offers spiritual direction sessions. Spiritual direction is a Christian discipline that provides a safe and sacred space of prayerfully listening to your own heart. A space to explore how God is intertwined in your story and to help you respond to God's invitation to a deeper relationship.



2reneejclark@gmail.com



602.791.3007



Free introductory session when you mention this guide.

Sarah Shelton-James

BWG Herbal Tea



All my teas are custom blended, small batch made with a specific action of support in mind... I then fine tune them to enhance the flavor. The result is an herbal tea that is flavorful and delicious. It is wellness in a cup! I grow quite a bit of the herbs I use as well.



Bwgherbaltea.com



@BWGHerbalTea



Use code HOLY20 for 20% off your purchase

Sherena Jarvi

My Favorite Skincare

I am a licensed Esthetician offering personalized skincare solutions with both treatments and retail products. I have a heart for health and wellness coupled with the beauty industry. I'm also a licensed Holy Yoga Instructor who uses what I've learned as a gospel preacher to minister to my clients. I also offer scholarships for women who are or have been in emotionally abusive Christian marriages the opportunity for self-care to aid in their healing journey. My give back is called Healing Hands for Hurting Hearts.



myfavoriteskincare.com/



tuulahelmer@gmail.com



Receive a Luxe Facial \$225 value for \$125 with code HY2023

Skylar Gross

Magnolia Creative Co



Magnolia Creative Co exists to champion growing, mission-driven small businesses by helping them establish, grow, and manage a dynamic, active, and true-to-brand online presence through strategic content marketing.



magnoliacreative.com



@magnoliacreative.co



Mention this guide and get 15% off our signature Content Strategy Embrace.

Sumptuous Soaps

All natural handcrafted soaps, shampoo bars and lip balms



Sumptuous Soaps



Free shipping at \$50 or more
— no coupon code required




Sybil Love

Sybil LaShan provides the needed support, accountability and encouragement as clients move from dreaming to focus, then to action, and ultimately to success. Sybil LaShan Coaching is committed to helping you learn the skills and find solutions to work through your problems, will help you identify beliefs that are preventing you from reaching your goals and help you discover what really makes you happy

 313.889.3199

 @sybillashancoaching

 **SALE** Mention Holy Yoga for a free exploratory session and get a free month of coaching when they enroll in a 3 month or more coaching package. 4 months for the price of 3.

Tasha Baskett (Dailey)

Upscale Hobbies

A Hobby Shop with a single retail location and a website.



Upscalehobbies.com



Use code HY2023 for
10% off



THE DIAMOND GROUP
— BUILD. GROW. SCALE. —

Theresa Bassett

The Diamond Group

Full service digital marketing and sales enablement agency for small and medium-size businesses.



Diamond-Group.co



theresa@diamond-group.co



Mention this guide for a \$500 credit towards FB ads when you become a Marketing Momentum client in 2023/24

Theresa Kramer

PT by the Sea

We are a private out patient physical therapy practice specializing in wellness, aquatics, deep tissue laser therapy, pilates, holy yoga, gym memberships, etc.



Ptbythesea.com



Use code HY2023 for your first class free



Tina Russo Lancey

Christian Yoga Magazine

Christian Yoga Magazine is a print and digital magazine published six times a year.



christianyogamagazine.net



Use code HY2023 to save 50% off your first-year Print OR Digital Christian Yoga Magazine Subscription

Tree of Life Healing Arts

I currently offer Reiki, both group and one on one. I will be adding Yoga and Life Coaching in 2024.



HASllc@windstream.net



treeoflifebolivar.com



Valerie Eberoth

Mindy, Body, and Soul Care

We are a boutique wellness center located on the beautiful Mississippi River; offering Yoga on the Dock, Holy Yoga, Small Group Yoga classes, Massage Therapy, Facials and Infrared Sauna sessions!



mindbodyandsoulcare.org



mindbodyandsoulcare@gmail.com



Get your first yoga class free

Thank You!

Thank you for shopping small and supporting our Holy Yoga® community this holiday season!

Wishing you a very merry Christmas and a happy New Year,

the Holy Yoga team
