



Healing Arts  
& Wellness



*At Healing Arts and Wellness of Jackson, we offer an array of services designed to nurture healing and enhance mental, emotional, and physical well-being. Our holistic approach incorporates a variety of modalities, empowering individuals to embark on a transformative journey toward achieving optimal health and wellness.*

*Our range of services encompasses therapy, counseling, and yoga, with an unwavering commitment to expanding our offerings as we continue to grow and evolve.*

**ANU COUNSELING AND SERVICES LLC**  
***You don't have to live with constant suffering.  
We can help.***

***We effectively treat PTSD, Trauma, and Grief/Loss, as well as other mental health issues including Anxiety/Panic, Depression, ADHD, Autism, Substance Abuse, and more!***



**FOREVER AND ALWAYS COUPLES COUNSELING**  
***Making Your Relationship Last***

***Getting married, but haven't had pre-marital counseling yet?  
Are you facing struggles in your relationship?  
Is it your second or later marriage and you want to make it work?***

***This is the right place for you! We can help.***

**THREE IN ONE YOGA**  
**(Resilience Yoga)**

***Restoring Mind, Body and Spirit to One Accord.***

***As a certified 500-hour Yoga Alliance instructor, I specialize in offering 'Resilience Yoga' classes with a trauma-sensitive approach. My sessions are thoughtfully designed to provide a safe, nurturing space where individuals can reconnect with their bodies and minds, fostering healing, build resilience, and overall well-being.***

