



celebrates our

Grad of the Month!

June 2017



After graduating from VITALITY's Yoga/Healing Touch Internship in 2014, Crystal founded EConsciously, which focuses on the well-being of self and others, working towards a greater good. EConsciously has a simple, peaceful approach that is inclusive and thoughtful...offering classes and sessions of yoga, meditation, healing modalities, workshops and natural products.

Workshop Offerings

- DIY Natural Body Products
- Plant Walks: Eat Your Weeds!
- Herbal Medicine: Make Your Own Tincture
- Home Remedies & Powerful Uses of Herbs
- Natural Home: How to Clean without Chemicals
- Crystals: Healing and Grids
- Orgonites: Make Your Own
- Conscious Camp: Kids Mindfulness Experience
- Group Retreats: Local and Travel
- Full Moon Goddess

"All is coming! Still holds true."

Crystal Judge

www.simplyeconsciously.com

What is the best thing about yoga / wellness for you? *Being in the moment with self and having a greater awareness for the present.*

Where have you shared your learnings from your Yoga/Healing Touch Internship? *I'm always sharing knowledge of yoga and healing touch with as many people that share interest, including family, friends, and community. Currently I am teaching at Tango Del Barrio / EConsciously (Northside), Yoga in the Greenhouse (Delhi), Sayler Park Community Center and Imago (Price Hill).*

What is your best memory from your Yoga/Healing Touch Internship group? *Seriously? Dessert soup!! I appreciated the conversations too.*



vitalitycincinnati.org

