



# Conscious Palm Beach

## 2025 Guide

Conscious Palm Beach is your guide to hidden gems, high vibes, and soul-centered people across Jupiter, West Palm, Lake Worth, Delray, and Boca. We spotlight mindful businesses and transformative events that elevate our community. From breathwork to beach yoga, wellness markets to writing retreats—this is where culture and consciousness collide. 🌟

### FIND US ONLINE



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# Editor in Chief

Hi- I'm Gabrielle Pelicci, Ph.D. I've written two books, traveled to 50 countries & love living in Palm Beach! I'm certified in Kundalini and Jivamukti Yoga, with additional training in bodywork, meditation, energy healing, mind-body medicine, herbalism, and wellness coaching.

They say you're the sum of the people you spend the most time with—which is why I'm obsessed with surrounding myself with the most high-vibe humans I can find. When I moved to West Palm, I knew the magic was here... but it was hidden. There was no guide, no directory. So I made one. The curation came naturally—but trust me, it took hundreds of hours to uncover and create.

Palm Beach isn't just mansions and martinis. We've got soul. And we're not afraid to show it. I hope our community continues to grow and shine!

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 drgabbypelicci



*Dr. Gabby Pelicci*

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## Acupuncture

Golden Therapeutics, WPB  
goldentherapeutics.com @golden\_therapeutics

NeuPath Mind Wellness, Delray Beach  
neupathmind.com @neupathmind

Acupuncture Zen, Delray Beach  
acuzenme.com @acupuncturezen

Evolve Delray, Delray Beach  
evolvedelray.com @evolvedelray

## Aquatic

Stoked on Life, Palm Beach  
stokedonlifepb.com @stokedonlifepb

## Breathwork

Jen Whaley, Lake Worth  
jwhaleywellness.com @jwhaleywellness

Inner Haven, Palm Beach Gardens  
innerhavenbreathwork.com  
@inner\_haven\_breathwork

## Chiropractic

Gordon Health Solutions, Boynton Beach  
gordonhealthsolutions.com @dr.yalegordon

Euphoria, Boynton Beach  
euphoriachiropractic.com @dr.tiah

Basis Medical, Palm Beach Gardens & Delray  
basismedical.org @basismedical

Schrier Family Chiropractic, Delray Beach  
drelan.com @drelanschrier

Above Down Chiro, West Palm Beach  
abovedownchiropractic.com  
@abovedownchiro



Kings Wellness Ranch



# Coffee Club

Coffee Club, Palm Beach  
[coffeeclubpalmbeach.com](http://coffeeclubpalmbeach.com) @clubcoffeepalmbeach

# Conferences

The Conference for Consciousness  
[tcche.org/event/tcche-florida-2025](http://tcche.org/event/tcche-florida-2025) @tcche\_org

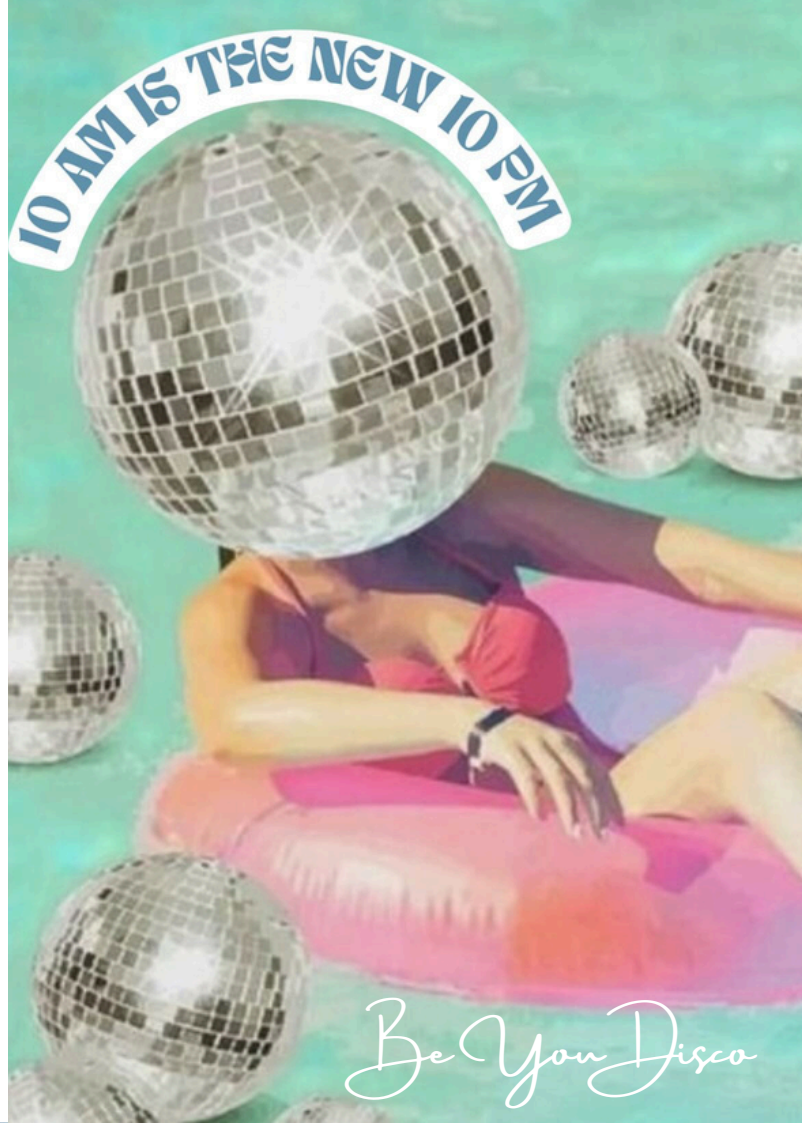
Eudomonía Summit, West Palm Beach  
[eudomonía.net](http://eudomonía.net) @eudemoniasummit

# Dance

Be You Disco, Palm Beach  
[beyoudisco.com](http://beyoudisco.com) @beyoudisco

Ecstatic Living, Delray Beach  
[ecstaticlivingfl.com](http://ecstaticlivingfl.com) @ecstaticlivingflorida

Casa Mannabliss, Delray Beach  
[casamannabliss.com](http://casamannabliss.com) @casamannabliss



# Energy Healing

Jennifer Baez, Jupiter  
[jenniferbaez.com](http://jenniferbaez.com) @jenniferbaezyoga

Jillian Seas, West Palm Beach  
[roseyseas.com](http://roseyseas.com) @roseyseas

Sarah Menniti, Palm Beach  
[therapywithsm.com](http://therapywithsm.com) @therapywithsm

Michelle Kaplan, Delray Beach  
<https://info.loveandhealingenergy.com/>

# Equine Therapy

Boca Riding Club, Delray Beach  
[bocaridingclub.com](http://bocaridingclub.com) @thebocaridingclub

Kings Wellness Ranch, Lake Worth  
[kingswellnessranch.org](http://kingswellnessranch.org) @kingswellnessranch

Beachwood Integrative Equine Therapy  
[beachwoodri.org](http://beachwoodri.org) @beachwood.ri







*Herbs & Owls*

Healing Moments, Boca Raton  
healingmomentsboca.com. @healing\_momentsfl

No More Pain Today, Palm Beach  
nomorepainpbc.com @nomorepaintoday

Peaceful Body Spa, Delray Beach  
peacefulbodyflorida.com @peacefulbodyspa

## Herbalism

Herbs & Earth, West Palm Beach  
herbsandearth.com @herbs.and.earth

Herbs & Owls, Jupiter  
herbsandowls.com @herbsandowls

Everything Earth Tribe, Boca  
@everythingearthtribe

Gratitude Garden Farm, Loxahatchee  
gratitudegardenfarm.com  
@gratitudegardenfarm

## Festivals

Spirit Fest, West Palm Beach  
spiritfestusa.com/wpb. @spirit.fest-usa

District Fit, West Palm Beach  
districtfitwpb.com @districtfitwpb

## Healing Centers

Agape Healing Arts, Tequesta  
agapehealingarts.com @agapehealingarts

Eden Place, Lake Worth  
edenplacehealingarts.com @edenplacehealingarts

HoneyBee Garage, Delray Beach  
honeybeegarage.com @honeybeegarage

The Longevity Center, West Palm Beach  
thelcfl.com @thelcfl

True REST Palm Beach Gardens, PB Gardens  
truerest.com @truerestpbgardens



*Staked on Life*



# Ketamine Therapy

NeuPath Mind Wellness, Delray Beach  
neupathmind.com @neupathmind

Dr. Michelle Weiner, Boca Raton  
drmichelleweiner.com @drmichelleweiner

# Natural Medicine

Advanced Natural Medicine, Jupiter  
drmichellemassa.com @anmjupiter

Wholistic NP, West Palm Beach  
thewholisticnp.com @thewholisticnp.fl

Shivani Gupta, Boca Raton  
shivani Gupta.com @dr.shivani Gupta

The Velvet Lotus, Boynton Beach  
thevelvetlotus.com @thevelvetlotus



# Outdoors

Coventina and Co., Delray Beach  
coventinaco.com @coventinaco

Coco Market, Delray Beach  
cocomarket.org @cocomarket.tribe

Celis Run Club, West Palm Beach  
celisjuicebar.com/run-club @celisrunclub

Pineapple Grove Run Club, Delray Beach  
@pineapplegroverunclub

Jupiter Inlet Lighthouse, Jupiter  
jupiterlighthouse.org @wildbluesea.org

The Riviera Oasis, Riviera Beach  
@the.riviera.oasis

Sunset Beach Yoga with Jessica Om  
@wanderingheartist

The Club Delray, Delray Beach  
@theclubdelray







Mi Sun

## Outdoors (cont'd)

Seagate Wellness Series, Delray Beach  
seagatedelray.com/events @theseagatedelray

The Cold Collective, West Palm Beach  
thecoldcollective.life @thecoldcollectivefl

Sacred Water Tribe, Palm Beach  
@sacredwatertribe

## Shops

Third Eye Mystic Shop, Jupiter  
thethirdeyeinstitute.net  
@thirdeyemysticshopjupiter

Dancing Elephant, Lake Worth  
dancingelephant.shop  
@thedancing\_elephant

Expedito Enlightenment Center, West Palm  
expeditoenlightenmentcenter.com  
@sarahspirital

## Spirituality Centers

Unity of Jupiter, Jupiter  
unityofjupiter.org

Unity of Palm Beach, West Palm Beach  
unitypalmbeach.com

## Sound Healing

Mi Sun, Lake Park  
misuns.com @misundonahue

Casa Rituals, Palm Beach  
casarituals.com @casa.rituals

Sound Healing with Shelby  
@soundhealingwithshelby

Kristin Gavin, Delray Beach  
@k\_gavin3

Dakota Dawkins, Palm Beach  
@dakotadawk @songofthesoulcollective



Tea Tell Truth



# Tea House

Tea Tell Truth, West Palm Beach  
teatelltruth.com @tea\_tell\_truth

# Wellness Centers

Pure Skin, West Palm Beach  
pureskinpalmbeach.com @pureskinpalmbeach

Total Wellness Within, Palm Beach  
totalwellnesswithin.com @totalwellnesswithin

Pura Vida Wellness, West Palm Beach  
puravidawellness.com @puravidawpb

Kaizen Pelvic Wellness, Palm Beach Gardens  
mulabandhapt.com  
@kaizenpelvicwellness

LIFT Wellness Studio, West Palm Beach  
liftwellnessstudio.com @liftwellnessstudio



*Kaizen Pelvic Wellness*

Wild Sweet Wellness, West Palm Beach  
wildsweetwellness.com @wildsweet\_wellness

The Tox, Delray & West Palm  
thetoxtechnique.com @thetoxdelray

Renewed Performance PT, Palm Beach  
renewed-pt.com @renewedp

SoulShift Studio, West Palm Beach  
seeksoulshift.com @seeksoulshift

Pelvicore Rehab & Wellness  
pelvicorerehab.com  
@pelvicorerehabandwellness

Restore, West Palm & Palm Beach Gardens  
restore.com @rh\_westpalmbeach

MedHouse, West Palm Beach  
medhouse.co @medhouse\_

Float8 Wellness Lounge, Delray Beach  
float8ion.com @float8ion



*Pura Vida Wellness*





## Writing Retreats

Northwood Retreat Sanctuary, West Palm  
Gabriellepelicci.com @drgabbypelicci

## Yoga Studios

Ananda, Atlantis  
anandayogapb.com @anandayogapb

Arcana, West Palm  
arcanayogastudio.com @arcanayogastudio

Atha Shala, Delray Beach  
athashala.com @athashala

Bindu Studio, West Palm Beach  
bindu-studio.com @bindu.yoga.wpb

## Yoga (Cont'd)

Breathe Salt Yoga, Jupiter  
breathesaltyoga.com @breathesaltyoga

Dandelight Yoga, Delray Beach  
dandelight.com @dandelight\_studio

Evolve, West Palm Beach  
evolveyogawpb.com @evolveyogawpb

Kula Yoga Shala, Jupiter  
kulayogashala.com @kulayogashala

Moksha, Wellington  
mokshayogastudio.com @mokshayogastudio

Om Shanti, Tequesta  
omshantiyogaschool.com  
@omshantiyogaschool





# Yoga (Cont'd)

Satya Anahata, Delray Beach  
[satyaanahatayoga.com](http://satyaanahatayoga.com) @satya.anahata

Thrive Power Yoga, Palm Beach Gardens  
[thrivepoweryogapb.com](http://thrivepoweryogapb.com) @thrivepoweryogapb

Yoga Path, West Palm Beach  
[yogapathpalmbeach.com](http://yogapathpalmbeach.com)  
@yogapathpalmbeach

Yoga Six, Boca  
[yogasix.com/location/west-boca](http://yogasix.com/location/west-boca)  
@yogasix.westboca

Yoga Six, Palm Beach Gardens  
[yogasix.com/location/palm-beach-gardens](http://yogasix.com/location/palm-beach-gardens)  
@yogasix.pbgardens



Yoga Society, West Palm Beach  
[theyogasocietypb.com](http://theyogasocietypb.com) @theyogasocietypb

Bamboo Garden Yoga, Delray Beach  
[bamboogardenyoga.com](http://bamboogardenyoga.com) @bamboogarden\_yoga

Colony Yoga, Delray Beach  
[colonyyoga.com](http://colonyyoga.com) @colonyyoga

Yoga Journey Studio  
[yogajourney.com](http://yogajourney.com) @yogajourneystudio

Yoga Joint, Palm Beach  
[palmbeach.yogajoint.com](http://palmbeach.yogajoint.com) @yogajoint

Yoga Joint, Boca  
[yogajoint.com/boca-raton](http://yogajoint.com/boca-raton) @yogajoint



# Thank You

This guide would not be possible without the magical humans who make Palm Beach the vibrant, trending travel destination that it is—and a truly fabulous place to call home. From acupuncturists and herbalists to dancers and yogis, their creativity, passion, and presence breathe life into this community. We celebrate their contribution to the beauty, energy, and evolution of Palm Beach. We're so glad they're here—and we can't wait to see what they create next.

If there are people, places, or things you'd like to see included in the next edition of Conscious Palm Beach, please reach out to:  
[consciouspalmbeach@gmail.com](mailto:consciouspalmbeach@gmail.com)

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## Advice from a Palm Tree

Reach High  
Soak up Some Sun  
Be Flexible  
Drink Plenty of Water  
Remember Your Roots  
Enjoy the View



Writing Retreats