

Conscious Palm Beach

2026-27 GUIDE

ISSUE

#02

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

📷 @consciouspalmbeach

✉️ consciouspalmbeach@gmail.com

EDITOR IN CHIEF

Hi — I'm Dr. Gabby, and I'm so happy you've found this guide.

Who would've thought that a casual happy hour at Old Key Lime House in Lantana back in summer 2025 would grow into a 2,000-person community?

What started as a simple gathering of conscious, curious, high-vibe humans has evolved into something far bigger than I ever imagined.

I'm reminded of something President Barack Obama once said:
"We are the ones we've been waiting for. We are the change that we seek."

That spirit is exactly what Conscious Palm Beach embodies — a culture of meaningful experiences, authentic connection, and a shared desire to make our home feel a little more alive.

Thank you for being part of this community. I hope this guide helps you discover something — or someone — truly meaningful.



Dr. Gabby Pelicci

GabriellePelicci.com
@gabbyinpalmbeach

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ACUPUNCTURE

Acupuncture Zen

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balancepointacu.com @balancepointacu

Donna Harpaz

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TRNSFORM Acupuncture & Wellness

trnsform.com @trnsformyourhealth

AQUATIC

Stoked on Life

stokedonlifepb.com @stokedonlifepb

BREATHWORK

Divine Emergence

divineemergence.org @divine_emergence

Elke Kaepfner

elkekaepfner.com @elkekaepfner

Inner Haven

innerhavenbreathwork.com

@inner_haven_breathwork

Jen Whaley

jwhaleywellness.com @jwhaleywellness

Tarra Helfgott / The Full You

thefullyou.com @thefullyou

CHIROPRACTIC

Above Down Chiro

abovedownchiropractic.com @abovedownchiro



Basis Medical

basismedical.org @basismedical

Chiropractic Culture / Dr. Jonathan Ozner

chiropracticculture.com @chiropractic_culture

Dr. Brandon West/Dry Needling

@dr._dot

Dr. Jason McCloskey

neurologicwellnessinstitute.com @drjasonmccloskey

Dr. Mark Ashley/Vital Health

www.vitalhealthlifestyle.com @drpbchiropractor

Dr. Nikola Galicia/ChiroLab PB

www.chirolabpb.com @chirolabpb

Dr. Ryan Price/High Class Chiropractic

highclasschiropractic.com @highclasschiropractic

Dr. Samantha Arbour

@drarbour_chiro



Dr. Shannon Turek/Core Chiropractic Boca

thecorechiropractic.com @corechiroboca

Dr. Tristan Miceli/Pure Wellness Wellington

purewellnesswellington.com @drtristanmiceli

Dr. Vincent Caballero

@csportsandwellness

Endro Clinic

endroclinic.com @endroclinic

Euphoria Chiropractic

euphoriachiropractic.com @dr.tiah

Gordon Health Solutions

gordonhealthsolutions.com @dr.yalegordon

Palm Beach Health Center

palmbeachhealthcenter.com
@palmbeachhealthcenter



Renewed Wellness / Dr. Taylor
renewedwellness.net @renewedwellnessnet

Schrier Family Chiropractic
drelan.com @drelanschrier

COMMUNITY

Coco Market
cocomarket.org @cocomarket.tribe

Coffee Club Palm Beach
coffeeclubpalmbeach.com @coffee.clubcollective

ERA Club
eraclubwpb.com @eraclub.wpb

Geneia Lacole / The Wellness Tribe
@thewellnesstribe

Her Glow / Katy Ronit
@herglowfl

Julianna Murano / Chill Society
chillsocietysocialclub.com @chillsocietysocialclub

Kamaria Johnson / Luxe Sisterhood
@luxesisterhood @kamaria_pyt

Lighten Up / Corey & Hillary
@lightenup_yogawellness

The Blading Babes / Chelsea Paine
@thebladingbabes

The Club Delray
@theclubdelray

The Cold Collective
thecoldcollective.com @thecoldcollectivefl

The Riviera Oasis
@the.riviera.oasis

The Wellness Kickback / Sophia & Latoya
@thewellnesskickback

The Wellness Wave SoFlo
@thewellnesswavesoflo



Tiffany Lanier/ Gather369

gatherwith639.com @gatherwith639

CONFERENCES

Body and Soul Expo

bodyandsoulexpo.org @bodyandsoulexpo

Eudemonia Summit

eudemonia.net @eudemoniasummit

The Conference for Consciousness

tcche.org @tcche_org

CREATIVE ARTS

Aura Cleveland

auraclehealingarts.com @auraclearts

Alissa Zemerling / A to Z Healing Arts

atozhealingarts.com @atozhealingarts

Dr. Brandon McCray/Cavasco

canvasandcompani.io @Canvasco.io



Lani Goodrich / Avenue Pottery

avenuepottery.com @avenuepottery

Soul Strokes

soulstrokes.org @soulstrokes_org

DANCE

Arielle Star Tirana / Heal Through Dance

healththroughdance.com @healththroughdance

Barbara Alfonzo

barbaraalfonzo.com @barbaraalfonzo

Be You Disco

beyoudisco.com @beyoudisco

Casa Mannablis

casamannabliss.com @casamannabliss

Ecstatic Living

ecstaticlivingfl.com @ecstacticlivingflorida



ENERGY HEALING

Jennifer Baez

jenniferbaez.com @jenniferbaezyoga

Jillian Lacasse/Innate Bodywork

@innate.bodywork

Jillian Seas/ Rosey Seas

roseyseas.com @roseyseas

Michelle Kaplan/Love and Healing Energy

info.loveandhealingenergy.com

@loveandhealingenergy

Rayssa Buldain/Inner Voyce Counseling

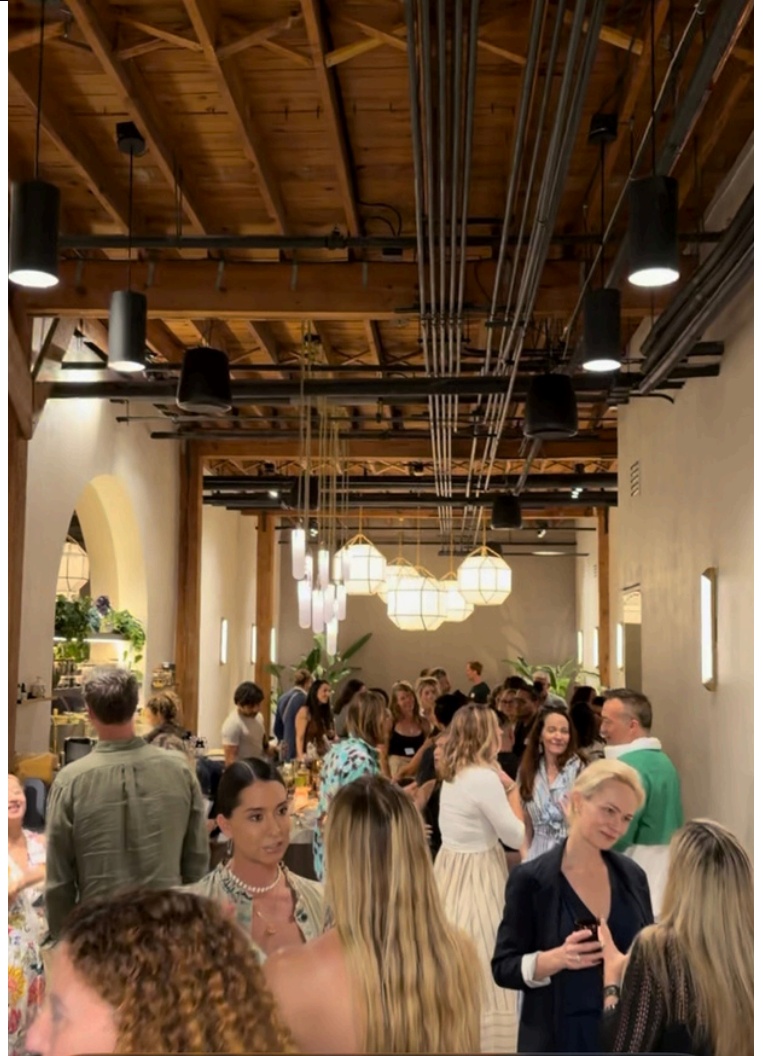
@innervoyce_counseling

Rosalia Chann

rosaliachann.com @rosaliachann

Sarah Menniti

therapywithsm.com @therapywithsm



EQUINE THERAPY

Beechwood Integrative Equine Therapy

beachwoodri.org @beachwood.ri

Boca Riding Club

bocaridingclub.com @thebocaridingclub

Kings Wellness Ranch

kingswellnessranch.org @kingswellnessranch

FESTIVALS

Distric Fit

districtfitwpb.com @districtfitwpb

Raw Fest

hippocrateswellness.org @hippocratesinst

Spirit Fest

spiritfestusa.com @spirit_fest_usa

FITNESS

1 Fitness

1wpb.com @1fitness

10th Planet Boca

10thplanetboca.com @10thplanetbocaraton

Blissful Energy

blissful-energy.com @blissfulenergy

Christin Rutley

christinrutleymethod.com

@christinrutleymethod

Erin Murphy/WELLTHY

wellthybyerin.com @thewellthymethod

Fly Flow Fitness

flyflowfitness.com @flyflowfitness

Hotkor

hotkor.com @hotkor_wpb



HOTTR

hottrfitness.com @hottr_palmbeach

JETSET Pilates

jetsetpilates.com @jetsetpilateswestpalmbeach

Marra Movement

marramovement.com @marramovement

MVMNT WPB

mvmntwpb.com @mvmntwpb

Pilates Life

pilateslifestudio.com @pilateslifeflorida

Pixie Pole Fitness

pixiefitness.com @pixiepolefitness

SALT Pilates Delray

saltpilatesdelray.com @salt.pilates.delray

Sarah Fisher Pollicelli/SF Fitness

sarahfisherfitness.com @sarahfisherpfitness



The Lab Method

thelab-method.com @the.lab.method

The Montana Method

themontanamethod.com @themontanamethod

The Replay Club

replay.playbypoint.com @thereplayclub

The Studio by Labarre

labarrepb.com @thestudio_bylabarre

The Sweat Shoppe

thesweatshoppebyrandi.com
@thesweatsshoppebyrandi_

Tremble

makeittremble.com @makeittremble_

Von Archer Fitness

vonarcherfitness.com @vonarcherfitness

HEALING CENTERS

Agape Healing Arts

agapehealingarts.com @agapehealingarts

All Natural Health Clinic

drsandrabontemps.com @drsandrabontemps

Eden Place Healing Arts

edenplacehealinarts.com @edenplacehealinarts

Healing Moments

healingmomentsboca.com @healing_momentsfl

Hippocrates Wellness

hippocrateswellness.org @hippocratesinst

HoneyBee Garage

honeybeegarage.com @honeybeegarage

Midwife360

midwife360.com @midwife360



No More Pain Today

nomorepainpbc.com @nomorepaintoday

One Within Healing Arts

onewithinhealingarts.com @onewithinhealingarts

Peaceful Body Spa

peacefulbodyflorida.com @peacefulbodyspa

The Energy Room

theenergyroom.org

The Longevity Center

thelcfl.com @thelcfl

The Maui Spa Boca Raton

themauspa.com @themauspaboca

Tikkun Healing Center

tikkunhealingcenter.com @tikkunhealingcenter

Tringali Vibrant Health

tringali-health.com @tringalihealth



True REST Palm Beach Gardens

trurest.com @truerestpbgardens

Wholistic NP

thewholisticnp.com @thewholisticnp.fl

HERBALISM

Gratitude Garden Farm

gratitudegardenfarm.com @gratitudegardenfarm

Herbs & Earth

herbsandearth.com @herbs.and.earth

Herbs & Owls

hersandowls.com @herbsandowls

HYPNOTHERAPY

Anastasia Pitanovia

anastasiapitanova.com @anastasia.pitanova

Louis Simons

pneumatrance.com @pneumatrance



Moses Hill

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@steveburgesshypnotherapy

MASSAGE THERAPY

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landruatherapies.com @landruatherapies

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bloominlotusMFR.com
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Restoration Bodywork

restorationbodyworkfl.com
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palmbeachhealinghands.com
@palmbeach_healinghands

The Tox

thetoxtechnique.com
@thetoxdelray @thetoxpalmbeach

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vivhenderson.com @vivhendersoncst

MENTAL HEALTH

Bungalow Counseling

bungalowcounseling.com
@bungalow_counseling

Deeply Rooted Psychotherapy

deeplyrootedpsychotherapyllc.com
@deeplyrootedpsychotherapy

Dr. Veronica Vega/The Mama Sanctuary

themamasanctuary.com @the_mama_sanctuary



Faith Niece/Lionhearted Counseling

lionheartedcounseling.com
@lionheartedcounseling

Gooley Counseling/Leah Gooley

gooleycounseling.com @leahgooleycounseling

Health Up

healthupwithlindsay.com
@healthup_with_lindsay

NeuPath Mind Wellness

neupathmind.com @neupathmind

NoveLuna Mental Health

novalunamentalhealth.com
@novalunamentalhealth

Noel Neu

noelneu.com @thenoelneu

Sher Schwartz

sherschwartz.com @sherschwartzofficial



Thrive Therapy

thrivetherappalmbeach.com
@thrivetherappalmbeach

NUTRITION

Audrey Vero/Very Vitality

verovitality.com @audreyvero

Carlee Alexander/Clarify Wellness

clarifywellness.com @clarifywellness

Ivey Leigh/Living with Ivey

livingwithivey.com @livingwithivey

Jenna Appel/Appel Nutrition

appelnutrition.com @happy.and.healthy.dietitian

Leslie Bosson/Palm Beach Kitchen Gardens

palmbeachkitchengardens.com
@palmbeachkitchengardens

Rebecca Kastin

rebeccakastincoaching.com @rebecca_kastin



NATURE

Jupiter Inlet Lighthouse

jupiterlighthouse.org @jupiter_lighthouse

Sacred Water Tribe

@sacredwatertribe

Wild Blue Sea

wildblueseas.org @wildblueseas_org

SHOP

Dancing Elephant

dancingelephant.shop @thedancing_elephant

Expedito Enlightenment Center

expeditoenlightenmentcenter.com

@sarahspiritual

Live Healthillie

livehealthillie.com @healthillie

The Crystal Garden

thecrystalgarden.com @thecrystalgardenstore

Third Eye Mystic Shop

thethirdeyeinstitute.net

@thirdeyemysticshopjupiter

SKINCARE

Novi Boca Raton

@novibocaraton_

PureBeauty

purebeautybyteiara.glossgenius.com

@purebeauty_byteiara

Pure Skin

pureskinpalmbeach.com @pureskinpalmbeach

Sana Skin Studio

sanaskinstudio.com @sanaskinstudio

The Charlotte Skin Studio

thecharpalmbeach.com @thecharpalmbeach



SOUND HEALING

Amanda Mossing/Soul Feather

soul-feather.com @soulfeather_

Anchored Soul Therapy

anchoredsoultherapy.com

@anchoredsoultherapy

Casa Rituals

casarituals.com @casa.rituals

Eastern Vibration

eastervibration.com @eastervibration

Justina Garrison

143mindbodyandspirit.com

@143mindbodyandspirit

Kristin Gavin

@k_gavin3

Masons Vibrations

masonsvibrations.com @masonsvibrations



Mindful Boutique

mindfulboutique.com @makicriscaut

Mi Sun

misuns.com @misundonahue

Pause and Practice

@pause.and.practice

Sound Cascade

soundcascade.com @soundcascade

Sound Healing with Shelby

@soundhealingwithshelby

Sound of the Soul Collective

songofthesoulcollective.space @dakotadawk

The Higher Vibration

thehighervibration.com @thehighervibration

The Soulful Creatrix

iamalyassia.com @asiastormborn



WELLNESS CENTERS

Amrit Ocean Resort & Spa

amritocean.com @amritocean

Anatomie Pelvic Health

anatomiepelvichealth.com

@anatomiepelvichealth

Celestial Wellness

mycelestialwellness.com @mycelestialwellness

Dancing Lion Studio

dancinglionstudio.com @dancinglionstudio

Evolve Delray

evolvedelray.com @evolvedelray

Float8 Wellness Lounge

float8ion.com @float8ion

Higher Order

higherorder.com @higherorderhealth

Kaizen Pelvic Wellness

kaizenpelvicwellness.com @kaizenpelvicwellness

L1FT Wellness Studio

l1ftwellnessstudio.com @l1ftwellnessstudio

MedHouse

medhouse.co @medhouse_

Pelvicore Rehab & Wellness

pelvicorerehab.com@pelvicorerehabandwellness

Renewed Performance PT

renewed-pt.com @renewedp

Restore

restore.com @rhw_westpalmbeach

Slawth House

slawthhaus.com @slawthhaus

SoulShift Studio

seeksoulshift.com @seeksoulshift



Stability In Wellness

stabilityinwellness.com @stabilityinwellnesspt

YOGA

Ananda

nandayogapb.com @anandayogapb

Anuttara Yoga Boca Raton

anuttarashala.com @anuttaraboca

Arcana

arcanayogastudio.com @arcanayogastudio

Atha Shala

athashala.com @athashala

Bamboo Garden Yoga

bamboogardenyoga.com
@bamboogarden_yoga

Bindu Studio

bindu-studio.com @bindu_yoga_wpb



Breathe Salt Yoga

breathesaltyoga.com @breathesaltyoga

Colony Yoga

colonyyoga.com @colonyyoga

Dandelight Yoga

dandelight.com @dandelight_studio

Evolve Yoga WPB

evolveyogawpb.com @evolveyogawpb

Green Tara Yoga Jupiter

greentarayoga.net @greentarayoga

Gro Yoga

groyogawellness.com @elizabethmurzynyoga

Hamsa Power Yoga Jupiter

hamsapoweryoga.com @hamsapoweryoga

Kula Yoga Shala

kulayogashala.com @kulayogashala



Moksha

mokshayogastudio.com @mokshayogastudio

Native Yoga Center

nativeyogacenter.com @nativeyoga

Om Shanti

omshantiyogaschool.com @omshantiyogashcool

Stya Anahata

satyaanahatayoga.com @satya.anahata

Thrive Power Yoga

thrivepoweryogapb.com @thrivepoweryogapb

Village Yoga Tequesta

villageyoga-studio.com @thevillageyoga

Yoga Joint Palm Beach

Palm beach.yogajoint.com
@yogapathpalmbeach

Yoga Journey Studio

yogajourney.com @yogajourneystudio

Yoga Path

yogapathpalmbeach.com @yogapathpalmbeach

Yoga Six Boca

yogasix.com @yogasix_westboca

Yoga Six Palm Beach Gardens

yogasix.com @yogasix_pbgardens

Yoga Society

theyogasocietypb.com @theyogasocietypb



ADVICE FROM A *Palm Tree*

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



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

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