

HAPPY SEPTEMBER, Hi!



Hil & Vil

Natural Wellness

September is here, and with it comes the familiar rhythm of back-to-school season and cooler days - (hopefully)! It is a fabulous time to **reset routines, gather our hearts and minds, and step into more grounded and nourishing experiences.**

We can all benefit from mini-practices, rejuvenating interactions, and holistic care to help stay centered through various changes.

We want to remind you to take care of ***you***, too. Sometimes the smallest pause—a breath, a stretch, a moment of stillness—***can shift everything.***

We're here if you need a reset, a place to land, or a little extra support this month. 🌻

Feel free to reach out or schedule a visit when you're ready— maybe a local wellness event is your vibe, see details below. Either way, we'd love to reconnect!

Sending love and gratitude,

💖 Hil & Vil

- UPCOMING WELLNESS EVENTS -

**HOLISTIC WELLNESS SESSIONS @
ST. PETE RUNNING COMPANY: RUNNING CLUB**



MONDAY, SEPTEMBER 8TH @6PM EST

TRY PULSED LIGHT MEDICAL THERAPY FOR RECOVERY & ENDURANCE!

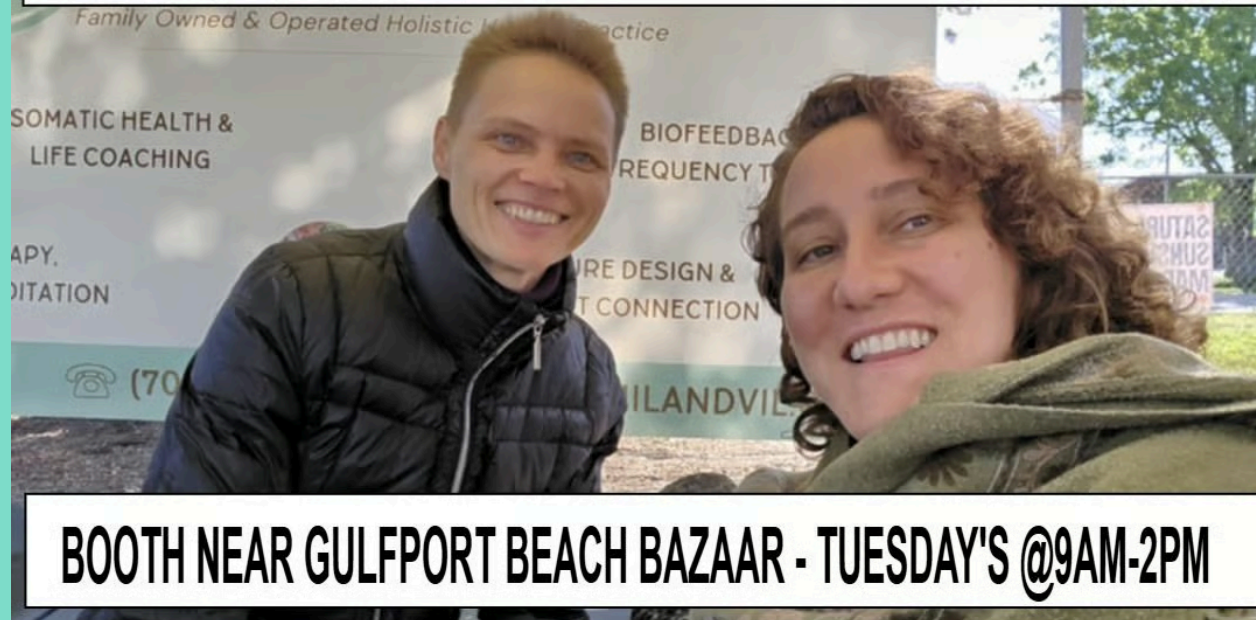
St. Pete Running Company has FREE Group Runs from the store every Monday and Thursday Night. This friendly and casual group run contains runners and walkers of all ability levels. If you're looking to start running, or just want a few people who run your speed, this is the group for you!

TELL THEM YOU HEARD ABOUT IT FROM HIL & VIL!

[HOLISTIC WELLNESS SESSIONS @ RUNNING CLUB](#)

[LEARN MORE ABOUT RUNNING CLUB HERE](#)

WE'RE BACK!!! TUESDAY GULFPORT MARKET!



BOOTH NEAR GULFPORT BEACH BAZAAR - TUESDAY'S @9AM-2PM

[15-MINUTE FREE HOLISTIC HEALTH SESSIONS](#)

HIL & VIL
GUIDING
SOMATIC
HEALING
MOVEMENT

RECLAIMING Women's Wellness Series RADIANCE



**Sunday
September 14**
11:00 AM-1:30 PM

The Art of Rest: Sleep, Stillness & Restoration

Learn why your body can't relax, how your beliefs around worth and productivity are sabotaging your sleep, and what you can do to wake up with more energy, clarity, and peace.



**Sunday
October 12**
11:00 AM-1:30 PM

Wild Woman Rising: Feminine Archetypes & Emotional Alchemy

Combine ancient feminine wisdom and modern healing modalities to harness the power of your emotional landscape and awaken the parts of you that have been too long hidden.



**Sunday
November 9**
11:00 AM-1:30 PM

Trauma and the Body: Release, Repair and Rebuild

Trauma isn't just something that happened. It's something that lives in the body long after the experience is over. reconnect with your inner child, restore your nervous system, and begin the journey of true, embodied healing.



**Sunday
December 7**
11:00 AM-1:30 PM

Gut & Grace: Healing from the Core Out

Dive deep into the gut-brain connection, exploring how unprocessed emotions, trauma, and inflammation disrupt both your digestion and your joy.

15TH STREET FARM
342 15TH ST N, ST. PETERSBURG, FL 33705

JOIN THE WOMEN'S WELLNESS SERIES!

OPEN HOUSE & FREE WELLNESS NIGHT

3100 GALLERY

TAMPA BAY
WELLNESS
NETWORK
BY HIL & VIL NATURAL WELLNESS, LLC

WELLNESS NIGHT

3100 Central Ave, St. Petersburg, FL 33712



**THURSDAY,
SEPTEMBER 18TH
@ 5:30-8PM**



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[VISIT THE FREE WELLNESS NIGHT!](#)

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HOLISTIC WELLNESS SESSIONS @ PB&J RUN



**FRIDAY, SEPT 19TH @4-7PM &
SATURDAY, SEPT 20TH @5:30AM-11AM**

Experience an introduction to holistic healing, pulsed light medical therapy and organic nutrition. Receive therapy before your run for better stamina and after your run for recovery and reducing inflammation.

Bring your friends, parents, loved ones and kids!

Learn more about our Mini-Sessions: [Pulsed Light Therapy](#)

PB&J RUN: Starts at Albert Whitted Park in downtown St. Pete! PB&J lovers will gather to enjoy waterfront 5K and 10K courses, their signature PB&J swag, and unlimited PB&Js at the finish line.

ALL PROCEEDS GO TO [DIRECTIONS FOR LIVING](#) NON-PROFIT

[CLICK HERE TO RESERVE A SESSION SPOT](#)

[CLICK HERE TO JOIN THE PB&J RUN!](#)



**HOLISTIC WELLNESS SESSIONS
@ FIFTH THIRD BANK WELLNESS EXPO**

**WEDNESDAY, SEPTEMBER 24TH @ 5:30PM
FIFTH THIRD BANK | 4875 East Bay Dr. Clearwater, FL**



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[CLICK HERE TO RESERVE A SESSION SPOT](#)

WELLNESS ACROSS THE BOARD



ROASTED SQUASH TOPPED W/ FRESH PESTO & SUN-DRIED TOMATOES

PAN SEARED SALMON W/ SHAVED FENNEL & WALNUT SALAD

SLOW COOKED KIMCHI JJIGAE W/ SMOKED BRISKET

HOLISTIC PERSONAL CHEF SERVICES

HEALTHY. WHOLEFOODS. GF. SEASONAL. ORGANIC.

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- FIRST TIME 25% OFF SPECIAL

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25% OFF FIRST MEAL PREP ORDER!

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Hil & Vil
Natural Wellness

Family Owned & Operated Holistic Wellness Center



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FREQUENCY
THERAPY SESSIONS**



**SOMATIC HEALTH &
LIFE COACHING
SESSIONS**



**RESTORATIVE
YOGA, TAI CHI &
SOMATIC HEALING
COURSES**



**HOLISTIC
PERSONAL CHEF
IN-HOME SERVICES**



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BATH DETOX
SESSIONS**



**PURE BIOENERGY
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HUMAN TOUCH®
CHAIR MASSAGE**



**PULSED LIGHT
MEDICAL
THERAPY**



**PURIUM ORGANIC
NUTRITION AND
DETOX PRODUCTS**



**TAMPA BAY
WELLNESS
NETWORK EVENTS**

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8068 24TH AVE N, ST. PETERSBURG, FL 33710

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HOLISTIC WELLNESS SERVICES

SEE YOU AROUND TOWN SOON!



Family-Owned & Operated
Holistic Healing Center



Vilija Tamulynas
Owner

Hilary Reinglass
Owner

 (708) 571-0163

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Wellness Services

Biofeedback Frequency Therapy

Somatic Health & Life Coaching

Holistic Chef Services

Pulsed Light Medical Therapy

Yoga & Tai Chi Courses

Pure Bio-Energy Healing

Ionic Foot Detox

Purium Organic Nutrition

Zero-Gravity Massage Chair

Tampa Bay Wellness Network Events

SCAN ME



FOR MORE DETAILS

CONTACT US DIRECTLY

MEET US ON SOCIAL MEDIA!

