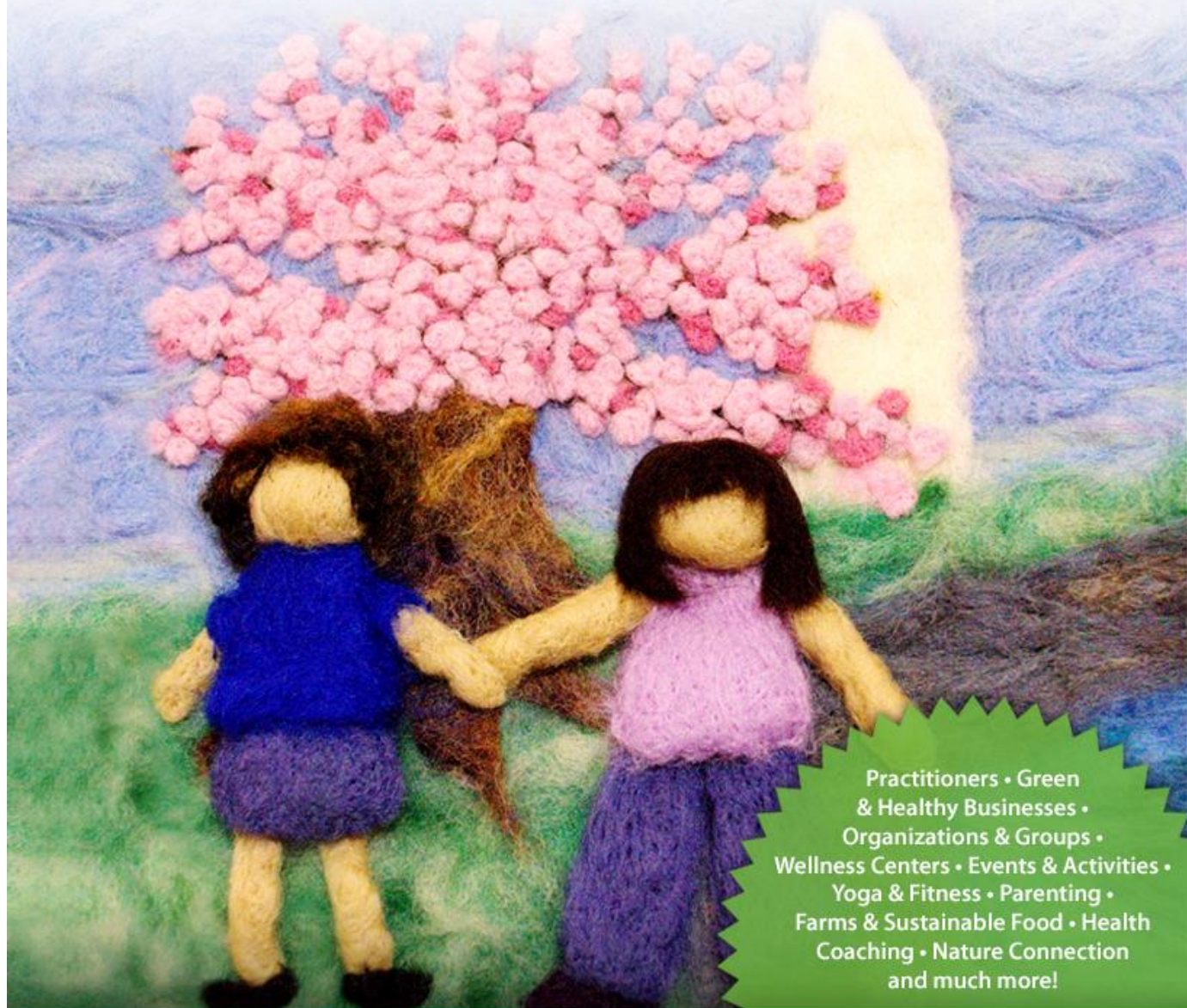


MINDFUL HEALTHY LIFE
OF METRO DC

GUIDE TO HOLISTIC FAMILY LIVING

By Jessica Claire Haney
Mindful Healthy Life Founder & Publisher



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Mindful Healthy Life of Metro DC Guide to Holistic Family Living

By Jessica Claire Haney
MindfulHealthyLife.com

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Mindful Healthy Life of Metro DC Guide to Holistic Family Living
by Jessica Claire Haney

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Welcome!

Thank you for downloading the third edition of the Mindful Healthy Life Guide to Holistic Family Living in Metro DC.

The goal of the Mindful Healthy Life website is to increase the visibility of holistic living so that more families find their way to wellness. I founded the site because I want people to know their options and to feel empowered to make decisions they feel good about.

The purpose of this eBook is to help you find the resources you need to be healthy and pursue a holistic, natural family lifestyle in Metro DC.

Even though the DC area can be high-stress and fast-paced, there are also a lot of terrific resources for holistic and natural-minded families to enjoy. My hope is that my website and this eBook will help you on your path, whatever that looks like.

Rather than replicate the work of other terrific websites and blogs have created for all things kid/family in Metro DC, this eBook aims to compile into one place *the best holistic health resources and events*, activities and attractions that are *of particular interest to natural-minded families*.

I've written this book primarily for:

- local parents who are newly exploring a natural lifestyle or looking into holistic health options
- new parents with a natural-minded bent who are just getting used to what it means to live here in Metro DC as a family with children
- people new to DC who know they want to zero in on natural-minded resources

And of course, this eBook is also for

- natural-minded DC-area parents who want a reference guide for what they already know and who want to expand their knowledge and share with others

Curiosity and intention pave the way to wellness. Our lives shift over time as our needs and our family's needs grow and evolve and as we – and the greater society – learn more. No two paths are alike; each family is on its own journey. I've tried to include enough variety here in the eBook and on the website for everyone to feel welcome!

The Introduction will explain a little more about the information in this eBook – where it came from and how it's organized. At the back of the book, you can read a little more about me and why I'm so passionate about holistic family living.

Before we get to the Introduction, though, I want to thank those who've supported this effort. If you connect with these businesses, organizations or individuals, please let them know how much you appreciate their support of the Mindful Healthy Life mission to help more Metro DC families find their way to wellness.

In health,

Jessica Claire Haney

Special Thanks to our Partners

We are grateful for the support and collaboration of businesses, organizations, individuals, and groups who have contributed time and resources to furthering the mission of Mindful Healthy Life to help Metro DC families find their way to wellness. Partners and advertisers are noted by their logos and bolded listings in the eBook directory. For more on these supporters, please see our online partners page and our online resource directory.

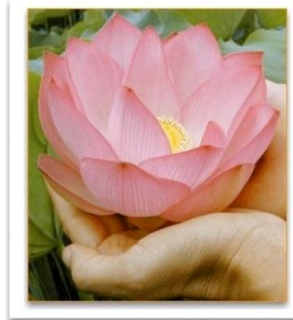
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Introduction

This eBook sets out to put in one place everything a natural-minded parent in Metro DC needs to feel empowered in the pursuit of holistic family living.

This document started out as a compilation of everything that was in the Mindful Healthy Life online resource directory. The directory listings come largely from there. As I thought more about what I wanted readers to get out of the eBook, I realized I wanted it to be more comprehensive. So I've made lots of additions and broadened the scope.

And I decided I couldn't just stop with listings, either! The eBook had to be a guide, like a treasured handbook from a friend. I was given one of these when I was about to become a mom in 2006. A friend who had her first child a few years earlier created a binder for me labeled "Being a Mom in Northern Virginia." It included great information on lactation support and groups and some of her favorite kid activities. *This was back when DC Baby was the only kid-friendly website in the area, and even that was still new, so this binder was my lifeline in the early days!*

In creating the eBook you're reading, I wanted to replicate the feeling my friend gave me, the sense of one mom saying to another, "Here you go. This has everything you might need." This is my attempt to lovingly put in one place all the information I want every natural-minded and wellness-curious parent out there in Metro DC to have at hand.

The information included here comes from experience I've gained through more than a decade of parenting and wellness advocacy. You're not going to find it compiled like this anywhere else. Parts of the eBook point you to places *that will point you to* what you need. There are some great compendiums of resources already out there.

With respect to places and activities, I've shared some of the greatest hits that natural-minded parents around DC won't want to miss. There are plenty of other mainstream locales and activities you can find from other DC-area family websites, which I've listed for you in the People & Connections section of the eBook. Make good use of those sites; they do what they do really well.

My list of health & wellness-related events is unique. I've spent a lot of time at conferences and expos where I've learned a ton and connected with people who have changed my life. I truly believe that the more you can surround yourself people who want to empower you to make the healthiest decisions for your family, the more confident you will be as a parent. Most of the events listed here are ones I've attended, but I've also included others I hope will inspire and support my readers.

What you are reading is the third edition of this eBook, v3.3. The website and the eBook are the creations of a mom who is trying to share knowledge while also taking care of my health

and my family's health. I've made edits and additions since the first edition debuted in December 2016 and since the second edition was released in Spring 2017.

The entries in bold and with logos are advertisers who paid for enhanced listings or are partners with our site. Their support has helped make my work possible, and I am grateful for their collaboration.

Future editions of this eBook will depend on available resources.

To inquire about collaborating with Mindful Healthy Life, email jessica@mindfulhealthylife.com.

Happy Reading!

In health,

Jessica

Disclaimer

Information found on the Mindful Healthy Life website and in this eBook is meant for educational, informational and entertainment purposes only. It is not intended to diagnose any conditions or to take the place of medical advice or treatment. Opinions shared by writers on the website are their own. Opinions online and information provided in this eBook are shared to help readers understand the wide range of options available to support family health and wellness. Nothing on the website or in this eBook should be taken as a prescription or as advice on diet or any other aspect of health. The purpose of the site and the eBook is to share information and to inspire readers to take an active role in their health care in partnership with their healthcare providers. The site and the eBook are not intended to diagnose or treat any health issues or to serve as a replacement for medical care. Contact your healthcare provider for treatment.

For additional information, see our full disclaimer at
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For a full disclosure of business practices, see <http://www.mindfulhealthylife.com/disclosure>

Events, Places & Activities

Events & Activities Calendar

Winter

2018 Scheduled Winter Events

- January 4: Hit the Reset Button with The Durable Human - <http://www.bardsalley.com/events/hit-the-reset-button-with-author-jenifer-joy-madden>
- January 5: Family Yoga Fun Fridays - <https://www.sunandmoonstudio.com/workshops/2018/family-yoga-fun-fridays>
- January 7: Breathing Techniques for Self-Regulation: A Spirit Camp Sampler - <https://www.facebook.com/events/1870063876547596>
- January 9: Holistic Physical Therapy: Holistic Moms Network (HMN) Northern Virginia Chapter - <https://www.facebook.com/events/1240116712759470>
- January 11: NoVA Outside School-Age Green Educator Happy Hour - <https://www.facebook.com/events/521578624895455>
- January 13: Pelvic Health Physical Therapy Q&A and Diastasis Recti Screening - <https://www.dcareayoga.com/event/honest-soul-yoga-pelvic-health-physical-therapy-qa-diastasis-recti-screening>
- January 13: Natural Healing Remedies - <http://unlockbetterhealth.com/pages/cooking-classes>
- January 14: Pure Nurture: The Yoga of Motherhood - <https://www.facebook.com/events/139474306679526>
- January 18: HMN Arlington/Alexandria Chapter Social and Reflection on 9 years - <https://www.facebook.com/events/547419802273317>
- January 19: Nature Connection is Culture Repair - <https://www.vivapartnership.com/events-calendar/oh-the-world-nature-connection-is-culture-repair>
- January 20-21: Mindful Eating and Mindful Yoga Retreat - <http://lilomm.com/mindful-eating-and-yoga-retreat>
- January 20: Conscious Healthy Mama Day Away Retreat - <https://www.facebook.com/events/114467232579318>
- January 21: Mindfulness for Educators - <https://www.easeyogacafe.com/events>
- January 23: Defying Gravity Radical Rejuvenation Workshop - <http://www.rlworkshop.com>
- January 23: 5 Things Birth Workers Need to Know about the Microbiome - <https://www.facebook.com/events/151327908851942>
- January 25: *That Sugar Film* Screening - <http://neckbackandbeyond.com/eventsa.shtml#movie>
- February 1: Play to Grow Open House - <https://www.facebook.com/events/1898936227083910>
- February 2: Pause Half-Day Retreat - <http://lilomm.com/pause>
- February 2: Family Yoga Fun Fridays - <https://www.sunandmoonstudio.com/workshops/2018/family-yoga-fun-fridays>
- February 3: Herbal Treatments for Lyme and Tick-Borne Diseases - <https://www.facebook.com/events/946562118816658>
- February 7: The Secret to Cooperative Kids - <http://pepparent.org/online>
- February 8: NoVA Outside SAGE Meetup: Spotlight on 4-H Outdoor Explorers Program <https://www.facebook.com/events/1550764185012006>

- February 10-11: Beloved Yoga Grand Opening Celebrations - <https://www.facebook.com/events/1958643171129159>
- February 10: Maple Magic at Irvine Nature Center - <https://www.explorenature.org/center-event/maple-magic-11>
- February 10: Homemade Chocolates & Elixirs of Love - <http://unlockbetterhealth.com/pages/cooking-classes>
- February 11: Candelmas Bonfire - <http://acornhill.org/about/events/>
- February 13: All About Chocolate: HMN Nova - <https://www.facebook.com/events/137962673536495>
- February 15: Exploring Energy Work and Bodywork Modalities: HMN Arlington/Alexandria - <https://www.facebook.com/events/136079453832311>
- February 18: Forest Therapy Walk - <https://www.facebook.com/events/494793437580977>
- February 20: Partner Relationship: HMN Montgomery County - <https://www.facebook.com/events/544538909223257>
- February 24: Understanding Vaccines - <https://www.facebook.com/events/2001538126732083>
- February 27: Embodying Discipline: An Experiential Workshop for Parents - <http://acornhill.org/about/events/>
- March 1-4: ICPA Freedom for Family Wellness Summit - <http://familywellnessfirst.org>
- March 2: Family Yoga Fun Fridays - <https://www.sunandmoonstudio.com/workshops/2018/family-yoga-fun-fridays>
- March 3: Rooting DC Gardening Expo – <http://rootingdc.org>
- March 5: Laughter Yoga - <https://arlingtonva.libcal.com/event/3481512>
- March 7: LUNAFEST – <http://www.postpartumva.org/events>
- March 8: Homeopathy for Families: HMN Burke - <https://www.facebook.com/events/162702597839243>
- March 10: Pure Nurture Self-Care Workshop for Pregnancy & Motherhood - <https://www.facebook.com/events/131159050910920>
- March 10: Healing Comfort Foods - <http://unlockbetterhealth.com/pages/cooking-classes>
- March 13: Holistic Moms Network Northern Virginia Chapter 10-year Anniversary Party! <https://www.facebook.com/events/330372904126871>
- March 15-28: DC Environmental Film Festival - <http://dceff.org>
- March 16-18: Women's Retreat: Nurturing Self-Compassion - <https://mindfulvalley.com/retreats/mar-16-18-womens-retreat-nurturing-self-compassion>
- March 17: Real Food for Kids Culinary Challenge and Wellness Expo – <http://www.realfoodforkids.org>
- March 20: Holistic Mouth Solutions: HMN Montgomery County - <https://www.facebook.com/events/127165151305218/>
- March 23-24: VaHomeschoolers Conference & Resource Fair - <http://conference.vahomeschoolers.org>

Winter Events & Activities

- See a maple-tree tapping demo
 - Maple Sugaring Days every Saturday and Sunday in February at Brookside Nature Center - <https://www.montgomeryparks.org/parks-and-trails/brookside-nature-center>
 - Maple Sugar Weekends February 17-18 and February 24-25 at Oregon Ridge Nature Center - <http://www.oregonridgenaturecenter.org/maplsugr.html>
- Sign up for a CSA shares

- Get crafty at Upcycle in Del Ray, Alexandria
- Hike into T.R. Island for strategic snowball fights off the bridge
- Try Mindful Families Family Yoga & Art Night at Dream Yoga Studio Fridays in McLean - <http://www.dreamyogastudio.com>

Spring

Scheduled Spring 2018 Activities

- March 25: Pathways Natural Living Expo - <http://www.pathwaysmagazineonline.com/Pathways%20Online/expomainpage.html>
- April 7-8: USA Science & Engineering Festival - <http://www.usasciencefestival.org>
- April 8: Virginia Birth Expo - <https://www.virginiabirthexpo.com/fairfax-expo>
- April 10: NoVA Outside School Environmental Action Showcase - <http://www.novaoutside.org>
- April 14: Outdoor Teacher Retreat - <http://erafans.org/Outdoor-Teacher-Retreat-VA>
- April 14: National Capitol Mom Conference - <https://www.nationalcapitalmomcon.com>
- April 21-29: National Park Week - <https://www.nps.gov/subjects/npscelebrates/national-park-week.htm>
- April 22: Earth Day & Mindful Healthy Life 4th Anniversary
- April 22: Fairy & Gnome Home Festival - <https://www.facebook.com/events/163081564332269>
- April 28-May 6: Screen-Free Week - <http://www.screenfree.org>
- April 28-May 2: Take Back Your Health Spring Reset Retreat - <http://www.takebackyourhealthretreats.com>
- May 5: Love Your Baby Day - <https://www.facebook.com/events/333089670526748>
- May 5: LoCo Urban Wellness Expo - <https://www.facebook.com/events/359188541212221>
- May 6: March for Moms - <https://www.facebook.com/events/1340432389400571>
- June 10: DC Gluten-Free Expo - <http://www.dcglutenfreeexpo.com>
- June 14: SAGE Meetup at Woodley Hills Elementary - <http://bit.ly/WoodleyHillsSAGE>
- June 17: Love Your Body Yoga Festival - <http://www.loveyourbodyyogafestival.com>

More spring events to look for

- Students4Sustainability Conference - <http://www.sssas.org/page/Our-Community/Environmental-Stewardship/Students-4-Sustainability>
- Acorn Hill Waldorf Kindergarten & Nursery Spring Fair - <http://acornhill.org>
- Outdoor Lab Open House - <http://outdoorlab.org>
- Peace Love Yoga Fest - <http://www.peaceloveyogafest.com>
- Fairies in the Garden through Labor Day - <http://www.annmariegarden.org>
- 18th Century Colonial Market Fair at Claude Moore - <http://1771.org/marketfair>
- DC Yoga Week & Yoga on the Mall - <http://www.dccy.org>
- Virginia Yoga Week - <http://www.virginiayogaweek.org>

Spring Activities

- Washington Revels World Story Time - <http://revelsdc.org/revels-kids/revels-world-story-time>
- See the cherry blossoms in full bloom (late March to mid-April)
- Stock up on sunscreen, after-pool vitamin C spray, tick removers & essential oils
- Get on the water in a canoe or kayak
- Celebrate May Day, the spring equinox and the summer solstice
- Honor yourself, parents & partner: Mother's/Father's Day
- Plant spring crops like peas and lettuce, summer vegetables, and pumpkins and squash for fall

Summer

Scheduled Summer 2018 Events

- June 22-23 - Mindful Life Conference - <http://allthingsmindful.org>
- June 23: Well Ray - <https://www.wellraydelray.com>
- June 27-July 1 and July 4-8: Smithsonian Folklife Festival - <http://www.festival.si.edu>
- July 12-15: Shensara Yoga Festival - <http://www.shensara.com>
- July 25-29: Floyd Fest - <http://floydfest.com>
- July 28: MommyCon Philadelphia - <https://mommycon.com/events>

Summer events to watch for

- Lovelight Yoga & Arts Festival - <http://www.lovelightfestival.com>
- IMCW Family Meditation Retreat - <http://imcw.org/Community/Children-and-Families>
- Lotus and Water Lily Festival at Kenilworth Aquatic Gardens - <https://www.nps.gov/keaq/planyourvisit/lotus-and-water-lily-festival.htm>
- World Breastfeeding Week celebrations the first week in August, including at the Breastfeeding Center for Greater Washington and the Big Latch On
-

Summer Activities

- Pick lavender and berries, then peaches later in the season
- Stroll through acres of blooming lotus at Kenilworth Aquatic Gardens (July)
- Make pesto & tomato sauce. Freeze, ferment or preserve veggies
- Attend outdoor concerts including Saturday mornings at Mason District Park, evenings at Potomac Overlook Park and Lubber Run Park in Arlington, & Friday evenings at some museums

Fall

Scheduled Fall 2018 Events

- September 1: National Book Festival - <https://www.loc.gov/bookfest>
- September 12-15: Natural Products Expo East - <http://www.expoeast.com>
- September 22 and November 11: National Parks Free Days - <https://www.nps.gov/planyourvisit/fee-free-parks.htm>
- October 12-14: National Kids Yoga Conference - <http://kidsyogaconference.org>
- November 3-4: Take Back Your Health Conference - <http://www.profcs.com/app/?af=1636700>

Fall events to watch for

- Potomac Crescent Waldorf School Fall Festival - <http://potomacwaldorf.org>
- Del Ray Aglow Lantern Walk, Alexandria - <https://www.facebook.com/Del-Ray-Aglow-Annual-Neighborhood-Lantern-Walk-753168984827118>
- Washington Waldorf School Fall Bazaar - <http://www.washingtonwaldorf.org>
- 18th Century Colonial Market Fair at Claude Moore on the third full weekend of October - <http://1771.org/marketfair>
- DC VegFest - <http://dcvegfest.com>
- National Public Lands Day - National Parks Free Day
- Pathways Natural Living Expo - <http://www.pathwaysmagazineonline.com>

- Oregon Ridge Nature Center Honey Harvest Festival - <http://www.oregonridgenaturecenter.org/honeyhrvst.html>
- Achieving Optimal Health Conference - <http://achievingoptimalhealthconference.com>
- Mindful Leadership Summit - <http://www.mindfulleader.org>
- Holiday Open House at Local Wood - <http://www.localwoodva.com>
- Winter's Eve at Accokeek Foundation - <http://accokeekfoundation.org>

Fall Activities

- Pick apples & pumpkins
- Go on a hayride & visit the Ticonderoga Farm Fall Festival where pumpkins aren't sprayed
- Visit a nature center and collect leaves
- Celebrate Michaelmas
- Plant bulbs for spring
- Hear *Christmas Revels* with the Washington Revels - <http://revelsdc.org>
- Choose a charity or service project
- Order seed catalogs
- Make an advent garden spiral
- Celebrate the winter solstice
- See the Season's Greenings train exhibit at the U.S. Botanic Garden - <https://www.usbg.gov/plan-your-holiday-visit>
- Zoolights - <https://nationalzoo.si.edu/events/zoolights>

Details about National Parks Free Days: <https://www.nps.gov/planyourvisit/fee-free-parks.htm>

Be sure to also check out the monthly meetings of Holistic Moms Network, which has several chapters in the area. Listing of local chapters and their websites at <http://bit.ly/HMN-MetroDC>

For more groups, see our Support & Groups section toward the end of the eBook

More Event Calendars

- **Breastfeeding Center for Greater Washington** - <http://breastfeedingcenter.org>
- **DC Area Yoga** - <https://www.dcareayoga.com>
- **Natural Awakenings DC** - <http://naturalawakeningsdc.com>
- **Pathways** - <http://www.pathwaysmagazineonline.com>

And be sure to also check out all the parenting sites and blogs listed in the People & Connections section of this eBook

Greatest Hits for Natural-Minded Parents: Fun & Unique Places to Explore

Special Places to Check Out within 90 minutes of DC

- **Annmarie Sculpture Garden** in Solomons, MD – Fairies in the Garden April through Labor Day plus art studio, outdoor play area, sculptures throughout the grounds outdoors - <http://www.annmariegarden.org>
- **Beauvoir Playground** behind the National Cathedral – climbing stuff, zip line, very cool! <https://www.beauvoirschool.org/beauvoiroutdoors>
- **Claude Moore Colonial Farm** in McLean – natural walk to interpreted sites - <http://1771.org>
- **Claude Moore Park** in Sterling - <https://www.loudoun.gov/index.aspx?nid=1285>
- **Frying Pan Farm Park** in Herndon – tractor ride, cow milking, horses, pigs, sheep - <http://www.fairfaxcounty.gov/parks/fryingpanpark>
- **Constitution Gardens** in Gaithersburg, MD – large natural play area (not much shade yet) - <http://www.gaithersburgmd.gov/leisure/parks-and-fields/constitution-gardens-park>
- **Beverly Hills Cooperative Preschool Playground** in Alexandria – natural play area - <http://www.bhcpnet.org/natural-playground>
- **Burke Lake Park** in Fairfax Station – trails in woods, train, carousel, lake with canoe rental, mini-golf - <http://www.fairfaxcounty.gov/parks/burkelakepark>
- **Seven Oaks Lavender Farm** - <http://www.sevenoakslavenderfarm.com>
- **Glen Echo Park Aquarium** (in wooded setting with playground, theater, carousel) - <http://gepaquarium.org/> and <http://www.glenechopark.org>
- **National Arboretum** - <http://www.usna.usda.gov>
- **Kenilworth Aquatic Gardens** – Lotus & Lily Festival in July <https://www.nps.gov/keaq/index.htm>
- **Great Falls National Park** in McLean - <https://www.nps.gov/grfa/index.htm>

Fairfax County Trail to complete with prizes: <http://www.fairfaxcounty.gov/parks/discovery-trail-map>

A little further from DC:

- **Harpers Ferry National Park** <https://www.nps.gov/hafe/index.htm>
- **Shenandoah National Park** - <https://www.nps.gov/shen/index.htm>
- **George Washington & Jefferson National Forests** - <http://www.fs.usda.gov/gwj>

Nature Exploration Spots & Wooded Play Areas in Northern Virginia

For reviews & details see <http://novaoutdoors.com/nova>, <http://kidfriendlydc.com>, <http://themeanestmomma.com/arlington-playgrounds-and-parks/all> and the other sites listed in the People & Connections section

Thanks to HMN Arlington/Alexandria member Shannon Pacheco for sharing her list!

Audubon Naturalist Society - www.anshome.org

Rust Nature Sanctuary, 802 Children's Center Road, Leesburg, VA 20175

Bluemont Park Playground - <https://parks.arlingtonva.us/locations/bluemont-park>
329 North Manchester Street, Arlington

Dora Kelley Nature Park and Buddie Ford Nature Center - <https://www.alexandriava.gov/NatureCenter>

5750 Sanger Ave, Alexandria

Dyke Marsh Wildlife Preserve - <https://www.nps.gov/gwmp/planyourvisit/dykemarsh.htm>

Ellanor C. Lawrence Park - <http://www.fairfaxcounty.gov/parks/eclawrence>

5040 Walney Rd, Chantilly, VA

Fort Williams Park - [https://en.wikipedia.org/wiki/Fort_Williams_\(Virginia\)](https://en.wikipedia.org/wiki/Fort_Williams_(Virginia))

501 Fort Williams Parkway, Alexandria

Great Falls Park - <https://www.nps.gov/grfa/index.htm>

George Washington Memorial Parkway, McLean

Green Spring Gardens Park - <http://www.fairfaxcounty.gov/parks/greenspring>

4603 Green Spring Road, Alexandria

Gulf Branch Nature Center - <https://parks.arlingtonva.us/locations/gulf-branch-nature-center>

3608 North Military Road, Arlington

Hidden Oaks Nature Center - <http://www.fairfaxcounty.gov/parks/hidden-oaks>

7701 Royce St, Annandale

Hidden Pond Park - <http://www.fairfaxcounty.gov/parks/hidden-pond>

8511 Greeley Blvd, Springfield

Huntley Meadows Park - <http://www.fairfaxcounty.gov/parks/huntley-meadows-park>

3701 Lockheed Blvd, Alexandria

Lacey Woods Park - <https://parks.arlingtonva.us/locations/lacey-woods-park>

1200 N George Mason Drive, Arlington

Lake Accotink Park - <http://www.fairfaxcounty.gov/parks/lake-accotink>

7500 Accotink Park Road, Springfield

Long Branch Nature Center – <https://parks.arlingtonva.us/locations/long-branch-nature-center-park>

625 S Carlin Springs Road, Arlington

Mason District Park – <http://www.fairfaxcounty.gov/parks/maps/masonmap.htm>

6621 Columbia Pike, Annandale

Meadowlark Botanic Gardens – <https://www.novaparks.com/parks/meadowlark-botanical-gardens>

9750 Meadowlark Gardens Ct, Vienna

Monticello Park - <http://www.birdwatchingdaily.com/hotspots/191-monticello-park-alexandria-virginia>

320 Beverly Drive, Alexandria

Pohick Bay Regional Park – <https://www.novaparks.com/parks/pohick-bay-regional-park>

6501 Pohick Bay Dr, Lorton, VA

Prince William Forest Park – <https://www.nps.gov/prwi/index.htm>

18100 Park Headquarters Rd, Triangle, VA

Potomac Overlook Park and Nature Center - <https://www.novaparks.com/parks/potomac-overlook-regional-park>

2845 Marcey Rd, Arlington

River Farm - <http://ahsgardening.org/about-river-farm>

7931 E. Boulevard Drive, Alexandria

Theodore Roosevelt Island - <https://www.nps.gov/this/index.htm>

George Washington Memorial Parkway, Arlington

Winkler Botanical Preserve - <http://www.alltrails.com/trail/us/virginia/winkler-botanical-preserve-trail>

5400 Roanoke Ave, Alexandria

Wolf Trap's Children's Theatre-in-the-Woods - <http://www.wolftrap.org/about/venues/theatre-in-the-woods.aspx>

1551 Trap Road, Vienna

Nature Spots in Maryland, DC, & Pennsylvania

Maryland

Audubon Naturalist Society Woodend Sanctuary - <http://www.audubonnaturalist.org>

8940 Jones Mill Road, Chevy Chase

Brookside Gardens - <http://www.montgomeryparks.org/parks-and-trails/brookside-gardens>

1800 Glenallan Avenue, Wheaton

Other Parks and Centers in Montgomery County - <http://www.montgomeryparks.org/parks-directory>

Irving Nature Center - <http://www.explorenature.org>

11201 Garrison Forest Road, Owings Mills

Oregon Ridge Nature Center - <http://www.oregonridgenaturecenter.org>

13555 Beaver Dam Road, Cokeysville

Sandy Spring Adventure Park - <https://sandyspringadventurepark.org>

16701 Norwood Road, Sandy Spring

DC

Hillwood Estate, Museum and Garden - <http://www.hillwoodmuseum.org>

4155 Linnean Avenue NW

Dumbarton Oaks - <http://www.doaks.org>

1703 32nd St. NW

Kenilworth Aquatic Gardens - <https://www.nps.gov/KEAQ/index.htm>

1550 Anacostia Ave., NE

Rock Creek Park - <https://www.nps.gov/rocr/index.htm>

U.S. Botanic Garden - <https://www.usbg.gov>

U.S. National Arboretum - <http://www.usna.usda.gov>

3501 New York Avenue, NE

Pennsylvania

Longwood Gardens - <https://longwoodgardens.org>

1001 Longwood Rd., Kennett Square, PA

Unique Education Opportunities in Nature

Arlington Outdoor Education Association's Phoebe Kipling Outdoor Lab - <http://outdoorlab.org>
5111 Biscuit Mountain Rd, Broad Run, VA, arlingtonoutdoorlab@gmail.com, (703) 228-7650

Audubon Naturalist Society

- GreenKids school programs
 - <http://www.audubonnaturalist.org/index.php/nature-programs/schools-teachers/greenkids-school-partnerships>
- Fresh Air Kids program for young children in Leesburg and Sterling, Virginia
 - <http://www.audubonnaturalist.org/index.php/sanctuaries/rust-leesburg-va#freshair>

DC Forest Bathing - <https://www.facebook.com/dcforestbathing> - 202-441-3575

Skiing

Liberty - <http://www.libertymountainresort.com>

Whitetail - <https://www.skiwhitetail.com>

Wisp - <http://www.wispresort.com>

Water Play

Spray Ground & Fun Kids Movies Mosaic District - <http://www.mosaicdistrict.com/fun>

Arlington Spraygrounds - <https://parks.arlingtonva.us/parksfacilities/spraygrounds/>

Check Certifikkid for deals on canoeing & kayaking on the Potomac River and on the Shenandoah River, where there is also river tubing.

Swimming

List of Freshwater Swimming options at <http://dullesmoms.com/freshwater-swimming>

More swimming links:

- <https://www.washingtonian.com/2015/07/27/6-great-swimming-holes-near-washington-dc>
- <http://dc.about.com/od/daytripsgetaways/ss/Lakes-and-Swimming-Holes-Near-Washington-DC.htm>
- <http://redtri.com/dc/lakes-near-dc-for-swimming-fishing>
- <http://www.thenaturalcapital.com/2010/08/natural-places-to-swim-somewhat-near-dc.html>
- Some include lake at Cunningham Falls; Greenbriar State Park in Boonsboro
- OneLife Fitness in Burke has a pool with less chlorine -
<https://www.onelifefitness.com/about/sustainability>,
<https://www.onelifefitness.com/locations/burke>
- Northern Virginia Magazine Public Pool Guide -
<http://www.northernvirginiamag.com/guides/public-pools>
- Pirates Cove said to be especially fun and near camping in Pohick Bay regional park-
<https://www.novaparks.com/waterparks/pirates-cove-waterpark>
- WaterMines near Lake Fairfax park -
<http://www.fairfaxcounty.gov/parks/rec/watermine>

Fitness

Family Cycling with Kidical Mass –

DC - <http://kidicalmassdc.blogspot.com>

Arlington - <http://kidicalmassarl.blogspot.com>

Potomac River Running - <https://potomacriverrunning.com/about-us/highschool-and-youth>

TheFamily Dances - <https://squareup.com/store/thefamilydances>

thefamily.dances@gmail.com, 202-213-2970

CrossfitKids - <https://kids.crossfit.com>

Shaolin-Do Kung Fu - <https://www.shirlingtonkungfu.com>

Indoor Play & Activity

Badlands Playspace in Rockville - <http://badlandsplayspace.com>

Bon Vivant Café in Del Ray/Alexandria – healthy food & farm items with children’s play area in its own room - <http://bvfarmfood.com>

Earth Treks Climbing Centers

1235 S. Clark Street, Arlington, VA (Crystal City)

725 Rockville Pike, Rockville, MD

7125-C Columbia Gateway Drive, Columbia, MD

Ease Yoga & Café - 3051 Mt. Vernon Avenue, Alexandria, VA - <http://www.easeyogacafe.com>

Nook Play Space - 5649 Lee Highway, Arlington, VA - <https://www.playatnook.com>

Smithsonian Museums - <http://www.si.edu>

Sportrock Climbing Centers - <https://sportrock.com>

5308 Eisenhower Ave, Alexandria, VA & 45935 Maries Rd., Sterling, VA

UpCycle Creative Reuse Center, 1712 Mount Vernon Ave, Alexandria VA - upcyclecrc.org
info@UpCycleCRC.org

Urban Evolution Parkour- <https://urbanevo.com>

5505 Cherokee Ave, Alexandria, VA & 8442 Kao Circle, Manassas, VA

For more on indoor play opportunities, consult our list of other DC-area parenting resources

A Sampling of Cultural Activities

Museums

Dupont/Kalorama Museums (including weekend walk in spring) - <http://dupontkaloramamc.com>

National Building Museum - <http://www.nbm.org/families-kids>

National Museum of African-American History now open – get timed tickets - <https://nmaahc.si.edu>

All the other **Smithsonian Museums!** <http://www.si.edu/> Especially American Indian for natural-world and cultural connections, outdoor sculpture gardens at Hirshorn and also at National Gallery of Art - <http://www.nga.gov>

National Zoo - <https://nationalzoo.si.edu>

U.S. Botanic Gardens – don't miss Season's Greenings train exhibit in December - <https://www.usbg.gov>

The Arts & Fairs

Millenium Stage at the Kennedy Center – free shows every night at 6 p.m. - <http://www.kennedy-center.org/video/upcoming>

Wolf Trap's Children's Theatre-in-the-Woods - <http://www.wolftrap.org/about/venues/theatre-in-the-woods.aspx>

Bloom Bars arts spaces (no alcohol) - <http://www.bloombars.com>

Theater By/For Kids

Adventure Theater at the ATMTC Academy - <http://www.adventuretheatre-mtc.org>

Arts on the Horizon - <http://www.artsonthehorizon.org>

Encore Stage & Studio - <http://www.encorestageva.org>

ETC Educational Theatre Company - <http://www.educationaltheatrecompany.org>

Imagination Stage - <http://www.imaginationstage.org>

Drum Jams, Takoma Park & Washington Metro Area - <http://katygaughan.com>

Drum Circle Meet-Ups, Washington Metro Areas-
<http://drumcircle.meetup.com/cities/us/dc/washington>

Cultural Capital - <http://www.culturecapital.com>

Fairs/Festivals

Smithsonian Folklife Festival (June-July every year)

Library of Congress National Book Festival in September - <http://www.loc.gov/bookfest>

USA Science & Engineering Festival April 7-8, 2018 - <http://www.usasciencefestival.org>

Several annual **festivals at Hillwood Estates** - <http://www.hillwoodmuseum.org/whats/annual-events-and-festivals>

Farm Visits

Many of the farms listed in our directory section have special events open to the public in the spring, summer or fall.

CSA members are often invited to farm days. For others that don't offer CSAs, ask at farmers markets or follow the farms on social media to see when their events are.

Arcadia Center for Sustainable Food and Agriculture - 9000 Richmond Highway, Alexandria, VA - <http://arcadiafood.org>

Forrest Green Farm in Louisa, VA - <http://www.forrestgreenfarm.com>

P.A. Bowen Farmstead in Brandywine, MD. Owned by Sally Fallon Morell of the Weston A. Price Foundation - <http://pabowenfarmstead.com>

Polyface Farm in Swoope, VA offers Lunatic Tours for a family-friendly price in addition to other opportunities. <http://www.polyfacefarms.com/farm-tours>

While you're there, visit the following attractions in/near Staunton:

- Frontier Culture Museum - <http://www.frontiermuseum.org>
- Cranberry's Natural Foods - <http://gocranberrys.com>
- Sunspots Studios blown glass - <http://sunspots.com>
- Nu-Beginning Farm "The Store" Grocery & Café - <http://www.nubeginningfarm.com/The-Store.html>
- Crabtree Falls - <http://www.hikingupward.com/GWNF/CrabtreeFalls>

The Farm-to-Consumer Legal Defense Fund has previously hosted fundraising events at Polyface in the late summer. See <http://www.farmtoconsumer.org> for information

Also see local chapters of the Weston A. Price Foundation for more on local agriculture:

- **Alexandria** - <http://chapters.westonaprice.org/alexandriava/local-resources>
- **DC** - <http://chapters.westonaprice.org/washingtondc>

People & Connections

Support Groups and Interest Groups

In-Person Groups

Holistic Moms Network

National organization: <http://www.holisticmoms.org>

Local Metro DC Chapters

Details and links: <http://bit.ly/HMN-MetroDC>

Virginia HMN chapters

Arlington/Alexandria - <http://chapters.holisticmoms.org/chapters/va-arlington>

Burke/Springfield - <http://chapters.holisticmoms.org/chapters/va-burke-springfield>

Gainesville - <http://chapters.holisticmoms.org/chapters/va-gainesville>

Northern Virginia (Fairfax) - <http://chapters.holisticmoms.org/chapters/va-northern>

Maryland HMN chapters

Anne Arundel County - <http://chapters.holisticmoms.org/chapters/md-anne-arundel>

Montgomery County - <http://chapters.holisticmoms.org/chapters/md-montgomery>

More In-Person Groups

Well Mamas - <https://wellmamas.com>

Joy Makin' Mamas - <http://www.joytroupe.com>

Co-Ed Scouting groups

Baden-Powell Service Association - <https://www.bpsa-us.org>

Earth Champs - <http://www.sbctampabay.org/programs/earth-scouts-and-parenting>

Jr. Navigators – <http://navigatorsusa.org>

Del Ray Kinderchoir - <http://www.delraykinderchoir.org>

Meetup Groups

Annapolis Mindful Mommas - <https://www.meetup.com/Annapolis-Mindful-Mommas>

Mamistad (for first-time moms in/around Arlington) - <https://www.meetup.com/Mamistad>

Northern Virginia Paleo Parents and Friends - <https://www.meetup.com/NoVaPaleoFriends>

Northern Virginia Raw/Living Foods - <https://www.meetup.com/RawNOVA>

Northern Virginia Whole Food Nutrition - <https://www.meetup.com/WholeNutrition>

Online Communities

Facebook Groups

ACPS Families Care About Food - <https://www.facebook.com/groups/536383459741308>
APS Green and Healthy - <https://www.facebook.com/groups/1832613387014282>
Anne Arundel Homeschool Connection - <https://www.facebook.com/groups/233090283476555>
Arlingtonians for Primary Sourced Learning - <https://www.facebook.com/ArlingtonVAEducation>
Birthing Circle of Montgomery County - <https://www.facebook.com/groups/thebirthingcirclemoco>
Crunchy Mamas of Virginia - <https://www.facebook.com/groups/Crunchymamasofnorthernvirginia>
DC Home Educators Association - <https://www.facebook.com/groups/DCHEA>
DC Metro Healthy Family Connection - <https://www.facebook.com/groups/DCMetroHealthyFamilyConnection>
Food Allergies Moms of Loudoun County - <https://www.facebook.com/groups/1073196802742829>
Gluten-Free Around DC - <https://www.facebook.com/groups/1765346410348394>
Gluten-Free Foodies around Herndon - <https://www.facebook.com/groups/438160632989985>
La Leche League of Takoma Park - <https://www.facebook.com/groups/llloftakomapark>
Little Green Cabbages - <https://www.facebook.com/LittleGreenCabbages>
Loudoun Kids for Peace - <https://www.facebook.com/Loudoun-Kids-For-Peace-324564444595795>
Moms Clean Air Force Maryland - <https://www.facebook.com/groups/MCAFMD>
Moms Clean Air Force Virginia - <https://www.facebook.com/groups/MomsVirginia>
Moms Clean Air Force Washington DC - <https://www.facebook.com/groups/momscafdc>
Montgomery County Homeschoolers - <https://www.facebook.com/groups/282780518523816>
No Nuts Moms Group of Nova - <https://www.facebook.com/groups/nonutsmomsgroupnovadc>
No Nuts Moms Group of Metro DC - <https://www.facebook.com/groups/nonutsmomsarlington>
Northern Virginia Homeschoolers - <https://www.facebook.com/groups/568623553260884>
Nova Region Cloth Diaper B/T/S - <https://www.facebook.com/groups/NOVAREgionClothDiapersBTS>
Nova Real Diaper Circle - <https://www.facebook.com/pg/NOVAREalDiaperCircle>
Nova Natural Marketplace - <https://www.facebook.com/groups/NovaNaturalMarketplace>
Nova Natural Moms - <https://www.facebook.com/groups/792153790878621>
Nova Opt Out - <https://www.facebook.com/NOVAOptOut>
Wholistic NOVA (4500+ members. Now a private group. Email jessica@mindfulhealthylife.com to request membership)

Email Groups/Lists

Attachment Parenting International Northern Virginia Chapter - <http://groups.yahoo.com/group/apiofnova>
Babywearing in DC/MD/VA - http://groups.yahoo.com/group/Babywearing_in_DC-MD-VA
Birth Options Alliance - <https://groups.yahoo.com/neo/groups/BirthOptionsAlliance>
DC Cloth Diaperers - <https://groups.yahoo.com/neo/groups/DCCDers/info>
Natural Parents of Del Ray - <https://groups.yahoo.com/neo/groups/naturalparentsofdelray>
Northern Virginia Families for Natural Living - <http://groups.yahoo.com/group/NOVA-FamNatLiv>
NoVaHomebirth - <http://health.groups.yahoo.com/group/NoVahomebirth>
Nova Unschoolers - <https://groups.yahoo.com/neo/groups/NovaUnschoolers/info>

Guides to Healthy Living

Local Publications

Natural Awakenings DC - <http://naturalawakeningsdc.com>



Washington DC Metro

Pathways - <http://www.pathwaysmagazine.com>

Explore Awareness - <http://exploreawareness.com>

Edible DC - <http://edibledc.com>

Local Resource Websites

Sustainable NoVA - <http://sustainablenova.com>

Wellness Hub - <https://wellnesshubnova.com>

Local Food Connections

FarmMatch - <https://www.farmmatch.com> - find a farm

Sustainable NoVA - <http://sustainablenova.com> - local food & green resources in NoVA

Greenease – <http://greenease.co> - helping diners find out where their food comes from

Edible DC magazine - <http://edibledc.com>

Pregnancy, Birth and Breastfeeding Resource Sites

Birth Options Alliance - <http://www.birchoptionsalliance.org>

NoVA Natural Birth Network - <http://www.novabirthnetwork.org>

ICAN of NoVA (International Cesarean Awareness Network) –

<http://www.icanofnova.org/>

<https://groups.yahoo.com/neo/groups/icanofnova>

<https://www.facebook.com/ICANofNOVA>

DC Breastfeeding Coalition - <http://www.dcbfc.org>

The Breastfeeding Center for Greater Washington - <http://breastfeedingcenter.org>

La Leche League of MD-DE-DC - <http://www.llofmd-de-dc.org>

La Leche League Virginia and West Virginia - <http://lllvawv.org>

Local Blogs on holistic living, parenting and connecting to nature

Capital Naturalist - <http://capitalnaturalist.blogspot.com>

The Durable Human - <http://durablehuman.com>

Edge of the Schoolyard - <https://mkmstrategies.com/blog>

Going Green DC - <https://goinggreendc.net>

Granola Funk Mama - <http://www.granolafunkmama.com>

Green STEM Learning - <http://greenstemlearning.blogspot.com>

Hartke Is Online! - <http://hartkeisonline.com>
Homegrown & Healthy - <http://homegrownandhealthy.com>
Home Garden Joy - <http://homegardenjoy.com/site>
Mama On The Mend - <https://www.mamaonthemend.com>
Martha Brettschneider - <http://marthabrettschneider.com>
More Green for Less Green - <http://moregreenforlessgreen.com>
Mostly Holistic Mama - <https://mostlyholisticmama.com>
The Mustache Mesa - <https://www.themustachemesa.com>
Predominantly Paleo - <http://predominantlypaleo.com>
Real Everything (formerly Paleo Parents) - <http://realeverything.com>
Salam Mama - <http://salamama.com>
So Very Vienna - <http://soveryvienna.com>
Zero Waste Mommy - <http://www.zerowastemommy.com>

Healthy Living Networking & Resource Sites

Dao Cloud - <https://www.daocloud.com>
Viva Center Holistic Professionals Group - <https://www.vivapartnership.com/hpg>
WellnessHub Nova - <http://wellnesshubnova.com>
Wellness Inspired Network – <http://www.wellnessinspirednetwork.com>



Wellness
inspired network

More DC-area Family Resources

For whatever you don't find in our pages, check out these great sites made by DC-area parents for more children's activities, events, and attractions in and around DC.

Publications

Washington Family - <http://www.washingtonfamily.com>

Washington Parent - <http://www.washingtonparent.com>

Activity & Resource Websites

Activity Rocket - <https://www.activityrocket.com>

Certifikid Daily Deal Site - <http://www.certifikid.com>

DC Urban Moms and Dads - <http://www.dcurbanmom.com>

DullesMoms.com - <http://dullesmoms.com>

Hula Frog - <https://hulafrog.com/arlington-mclean-va>

Fairfax Family Fun - <http://www.fairfaxfamilyfun.com>

Indoorsy DC - <http://www.indoorsydc.com>

Kid Up and Go - <https://www.kidupandgo.com>

Kid-Friendly DC - <http://kidfriendlydc.com>

Kid Trips - <http://www.gokidtrips.com>

Our Kids - <https://www.our-kids.com>

Pearachute - <https://www.pearachutekids.com>

Red Tricycle DC - <http://redtri.com/dc-kids>

Local Parent Blogs & Resources

Baby Castan On Board - <http://babycastanonboard.com>

Baby Costs Money - <https://babycostsmoney.com>

Beltway Bargain Mom – <http://beltwaybargainmom.com>

Capital Moms - <http://www.capitallyfrugaldc.com>

Cherry Blossoms - <https://www.cherryblossomstheblog.com>

Clarendon Moms - <http://clarendonmoms.com>

The DC Moms - <http://www.thedcmoms.com>

DC Thrifty Mom - <http://www.dcthriftymom.com>

Foodie Tots - <http://foodietots.com>

Frugal Coupon Living - <https://www.frugalcouponliving.com>

I'm Not the Nanny - <http://www.imnotthenanny.com>

An Inch of Gray - <http://aninchofgray.blogspot.com>

Housewives in the City – Northern Virginia - <http://www.housewivesinthecity.com/nova>

Housewives in the City – Montgomery County - <http://www.housewivesinthecity.com/montgomery-county>

Mom Simplified - <http://www.momsimplified.com>

Mom the Magnificent - <http://momthemagnificent.com>

A Parent in Silver Spring - <http://aparentinsilverspring.com>

Spunky Real Deals - <http://www.spunkyrealdeal.com>

Stay at Home Pundit - <http://www.stayathomepundit.com>

Teach Mama - <http://teachmama.com>

Tech-Savvy Mama - <http://techsavvymama.com>

Tiny Steps Mommy - <http://www.tinystepsmommy.com>

Directory of Healthy Living Resources

Local Non-Profit Organizations & Advocacy Groups

Alexandria Renew Enterprises

<https://alexrenew.com>
1500 Eisenhower Avenue, Alexandria, VA
703-549-3381

Arlingtonians for a Clean Environment

<https://www.arlingtonenvironment.org>
office@arlingtonenvironment.org
703-228-6427

Audubon Naturalist Society

<http://www.audubonnaturalist.org>
Susanne.Ortmann@ANShome.org
8940 Jones Mill Road, Chevy Chase, MD
301-652-9188

Bethesda Green

<http://bethesdagreen.org>
info@bethesdagreen.org
240-396-2440

Birth Options Alliance

<http://birthoptionsalliance.org>
info@birthoptionsalliance.org

Blue Ridge Center for Environmental Stewardship

<http://blueridgecenter.org>
info@blueridgecenter.org
11661 Harpers Ferry Rd., Purcellville, VA
540-668-7640

Brainfood

<https://brain-food.org>
info@brain-food.org
900 Massachusetts Ave. NW, Washington, DC
202-667-5515

Breastfeeding Center for Greater Washington

<http://breastfeedingcenter.org>
info@breastfeedingcenter.org
2141 K St NW, Washington, DC
202-293-5182



the BREASTFEEDING
CENTER for greater washington

Casey Trees

<https://caseytrees.org>
friends@caseytrees.org
3030 12th Street NE, Washington, DC
202-833-4010

Center for Safer Wireless

<http://centerforsaferwireless.us>
djaworski@centerforsaferwireless.us
703-909-9936



Community Forklift

<http://communityforklift.org>
info@CommunityForklift.org
4671 Tanglewood Drive, Edmonston, MD
301-985-5180

DC EcoWomen

<http://dc.ecowomen.org>
info@dc.ecowomen.org

DC Environmental Film Festival

dcenvironmentalfilmfest.org
jessie@envirofilmfest.org
31st Street, NW Washington DC
202-342-2564

DC Greens

<http://dcgreens.org>
2000 P Street NW, Washington DC
202-601-9200

The Doctor Yum Project

<http://www.doctoryum.org>
info@doctoryum.org
10482 Georgetown Dr., Spotsylvania, VA

Earth Sangha

<http://www.earthsangha.org>
info@earthsangha.org
703-764-4830

Great Environmental Educators Network

(GREENetwork)
mpankau28@gmail.com
Loudon County, VA

Holistic Moms Network

Local chapters in Arlington/Alexandria,
Burke/Springfield, Gainesville, Loudoun,
Northern Virginia, Anne Arundel County and
Montgomery County: <http://bit.ly/HMN-MetroDC>
National organization: <http://holisticmoms.org>

**Irving Nature Center**

<http://www.explorenature.org>
11201 Garrison Forest Road, Owings Mills, MD
Info@ExploreNature.org
443-738-9200

Kid Power, Inc

<http://kidpowerdc.org>
755 8th NW, Washington DC
202-383-4543

Local Motion Project

<http://localmotionproject.org>
info@localmotionproject.org
2377 South Dove Street, Alexandria, VA
703-299-0017

Mindful Leader

<http://www.mindfulleader.org>
info@mindfulleader.org

Moms Clean Air Force

<http://www.momscleanairforce.org>
<https://www.facebook.com/groups/MomsVirginia>
<https://www.facebook.com/groups/momscafdc>
<https://www.facebook.com/groups/MCAFMD>

**National Capital Lyme Disease Association**

<https://natcaplyme.org>
natcaplyme@natcaplyme.org
703-821-8833

Northern Virginia Healthy Kids Coalition

<http://www.inova.org/inova-in-the-community>
healthykidscoalition@inoa.org
2700 Prosperity Ave Suite 100, Fairfax VA
703-698-2516

NoVA Outside

<http://www.novaoutside.org>
info@novaoutside.org
703-228-6427

PK Move

<http://pkmove.org>
Alexandria, VA
703-216-0051

Potomac Riverkeeper Network

<https://www.potomacriverkeepernetwork.org>
info@prknetwork.org
3070 M Street, NW, Washington, DC
202-888-2037

Real Food for Kids

Chapters in Alexandria, Fairfax, and Loudoun
<http://realfoodforkids.org>
contact@realfoodforkids.org

Running Brooke

<http://runningbrooke.org>
info@runningbrooke.org
107 S. West Street, #545, Alexandria, VA
(844) M2L-KIDS - (844) 625-5437

Sleep in Fairfax

<http://sleepinfairfax.org>
sleepinfairfax@gmail.com

Smith Center for Healing and the Arts

<http://smithcenter.org>
programs@smithcenter.org
1632 U Street NW, Washington D.C.
202-483-8600

Weston A. Price Foundation

<http://www.westonaprice.org/get-involved/find-local-chapter>
4200 Wisconsin Avenue, NW, Washington, DC
info@westonaprice.org
202-363-4394

**School Gardening & Outdoor Learning
Advocacy Organizations****4-H**

<https://4-h.org/find>

City Blossoms

<http://cityblossoms.org>
516 Kennedy Street, NW Washington DC

Common Good City Farm

<http://commongoodcityfarm.org>
info@commongoodcityfarm.org
334 V Street NW, Washington DC
202-559-7513

Field to Table, Inc.

<http://field2table.org>
info@field2table.org
PO Box 5948, Arlington, VA
703-405-8232

FoodPrints

<http://foodprintsdcc.com>
foodprints@freshfarmmarkets.org
202-362-8889

Growing Soul

<http://growingsoul.org>
growingsoulorg@gmail.com
10409 Naglee Road, Silver Spring, MD
301-537-7422

Living Classrooms Foundation

<https://www.livingclassrooms.org>
web@livingclassrooms.org
802 S. Caroline Street
Baltimore, MD 21231
410-685-0295

Northern Alexandria Native Plant Sale

<http://parkfairfaxnativeplantsale.org>
ParkfairfaxNativePlantSale@earthlink.net
1701 N Quaker Lane, Alexandria VA
571-232-0375

NoVA Outside

<http://www.novaoutside.org>
info@novaoutside.org
703-228-6427

Permie Kids

<https://www.permiekids.com>
jen@permiekids.com
301-579-2353

Washington Youth Garden

<http://www.washingtonyouthgarden.org>
contact@washingtonyouthgarden.org
3501 New York Ave, NE Washington DC
202-245-2709

Body, Mind & Spirit**Yoga: Organizations****The Art of Living Foundation**

National Center
2401 15th Street NW, Washington, DC, 20009
<http://www.artofliving.org>
dc.center@us.artofliving.org
202-332-LIFE (5433)

Dharma Yoga DC

<http://www.dharmayogadc.org>
home@dharmayogadc.org

DC Yoga Week & Yoga on the Mall

<http://www.dccy.org>

Holistic Life Foundation

<http://hlfinc.org>
2601 N Howard Street, Suite 130,
Baltimore, MD
410-235-4300

One Common Unity

<http://www.onecommonunity.org>
onecommonunity@gmail.com
2437 15th St NW, Washington, DC
202-765-3757

Vetoga

<http://vetoga.org>
justin@vetoga.org
 703-628-7464

Virginia Yoga Week

<http://www.virginiayogaweek.org>

Yoga Alliance

<https://www.yogaalliance.org>
info@yogaalliance.org
 1560 Wilson Boulevard, Suite 700
 Arlington, VA 22209

YoKid

<http://yokid.org>
michelle@yokid.org
 3307 Duke Street, Alexandria VA
 571-358-YOGA (9642)

Yoga: Studios & Teachers

Most studios & teachers listed here
 serve families and/or are mom-
 owned businesses.
 Find additional local yoga
 opportunities at **DCAreaYoga.com**.

532YOGA

<http://www.532yoga.com>
SUZANNE@532YOGA.COM
 532 N Washington St., Alexandria, VA
 703-209-0049

Beloved Yoga

<http://www.belovedyoga.com>
admin@belovedYoga.com
 11109 Sunset Hills Rd, Reston, VA
 703-860-9642

Breathing Space

<http://breathingspacedc.com>
breathingspacedc@gmail.com
 713 14th Street SE, Washington DC
 202-599-0434

Circle Yoga

circleyoga.com
info@circleyoga.com
 3838 Northampton St NW, Washington DC
 202-686-1104

Dancing Mind

<http://www.dancingmind.com>
info@dancingmind.com
 929 W. Broad St., Falls Church, VA
 703-237-9642

Dream Yoga Studio

<http://dreamyogastudio.com>
Luann@DreamYogaStudio.com
 1485 Chain Bridge Rd, McLean, VA
 703-448-YOGA (9642)

Ease Yoga & Café

<http://www.easeyogacafe.com>
tara@easeyogacafe.com
 3051 Mt. Vernon Avenue, Alexandria, VA

East Meets West Yoga Center

<http://eastmeetswestcenter.com>
dawn@eastmeetswestcenter.com
 8227 Old Courthouse Rd, #310, Vienna VA
 703-356-9642

Easy Day Yoga

<http://easydayyoga.com>
 21040 Sycolin Road, Ashburn, VA
 703-729-9600

Evolve Kids Yoga - Cathy Burke, E-RYT

<http://www.evolvebeyondthemat.com>
evolvebeyondthemat@gmail.com
 703-909-4900

Flow Yoga Center

<https://www.flowyogacenter.com>
care@flowyogacenter.com
 1450 P Street, NW Washington D.C
 202-462-3569

Harmony Within Yoga

<http://www.harmonywithinyoga.com>
cherylsabo@me.com
 703-244-3096

Heart and Soul Yoga

<http://heartandsoulyogava.com>
info@heartandsoulyogava.com
 571-225-2851

Inspired Kids Yoga

<http://www.inspiredkidsyoga.org>
boryan@cox.net

The Health Advantage Yoga Center

<http://healthadvantageyoga.com>
yoga@hayc.net
 1041 Sterling Rd., Herndon, VA
 703-435-1571

JOURNEYyoga

<http://journeyyoga.com>
info@journeyyoga.com
 703-920-2529

Katherine Kuzner

<https://katherinekuzner.com>

lil omm – Pleasance Silicki

<http://lilomm.com>
info@lilomm.com
 4515 44th Street NW, Washington DC
 202-248-6304

**Local Motion Studio**

<http://localmotionstudio.com>
info@localmotionstudio.com
 2377 South Dove Street, Alexandria, VA
 703-299-0017

Mind the Mat

<http://www.mindthemat.com>
info@mindthemat.com
 2214 Mount Vernon Ave, Alexandria, VA
 3300B Fairfax Drive, Arlington, VA
 703-683-2228

My Body Yoga

<http://www.mybodyyoga.com>
YogaSpace@live.com
 2570 Dynasty Loop, Woodbridge, VA
 703-494-YOGA (9642)

One Breath at a Time Mindful Living & Wellness

<http://www.onebreathatatime.info>
lashone.wilson@yahoo.com
 202-487-1622

Radiance Yoga

<http://radiance-yoga.net>
info@radiance-yoga.net
 701 Prince Street, Alexandria, VA
 703-535-8282

Radiant Child Yoga

<http://childrensyoga.com>
shakta@childrensyoga.com
 888-561-2126

Rise Well-Being Center

<https://risewellbeing.center>
info@risewellbeing.center
 11130 Sunrise Valley Drive, Reston, VA

Rita Naomi

<http://ritanaomi.com>
info@ritanaomi.com

River's Edge Yoga

<http://riversedgeyoga.com>
riversedgecenter@yahoo.com
 300 Montgomery Street Suite 201, Alexandria, VA
 571-218-2161

Sacred Source Yoga

<http://sacredsourceyoga.com>
ariele@sacredsourceyoga.com

Samskara Yoga & Healing

<http://samskarayogava.com>
info@samskarayogava.com
 128 Sulgrave Ct, Sterling, VA
 703-964-6913

Simon Says Yoga

<http://simonsaysyoga.com>
 4611 Sangamore Rd, Bethesda, MD
 240-535-5536

Soaring Spirit Yoga

<http://www.soaringspiritogastudio.com>
contactsoaringspiritogastudio@gmail.com
 308 Poplar Alley, Historic Occoquan, VA
 703-499-9114

Sun & Moon Yoga Studio

<https://www.sunandmoonstudio.com>
questionssunandmoonstudio.com
 3811 Lee Highway, Arlington VA
 703-525-YOGA (9642)
 9998 Main Street, Fairfax VA
 703-934-9480



Synergy Partner Yoga

<http://synergypartner yoga.com>
synergypartner yoga@gmail.com

Tranquil Space

<http://tranquilspace.com>
info@tranquilspace.com
 1632 17th St., NW Washington DC
 202-328-9642

WheelHouse Mind Body Studio

<http://www.wheelhousemindbodystudio.com>
wheelhouseclifton@gmail.com
 12644 Chapel Rd., Clifton, VA
 703-401-2627

WineDown Yoga

<http://winedownwithyoga.com>
winedownyoga@gmail.com
 703-431-6078

The Yogi Underground

<http://theyogiunderground.com>
info@theyogiunderground.com
 450 N Washington Street, Falls Church, VA

Yoga for Resiliency with Yael Flusberg

<https://yaelflusberg.com>

Yoga Clothing**Almondon**

<https://almondon.com>
info@almondon.com
 571-203-0888

Lululemon**DC Stores**

3306 M Street NW
georgetown-store@lululemon.com
 202-333-1738
 1461 P Street NW
logancircle-store@lululemon.com
 202-518-4075

Maryland

4856 Bethesda Avenue, Bethesda
bethesda-store@lululemon.com
 301-652-0574

Virginia

700 King Street, Alexandria
oldtown-store@lululemon.com
 703-838-1673

Marcela's Yoga Boutique

<http://www.marcelasyogaboutique.com>
marcela.yogaboutique@gmail.com
 317 S Washington Street, Alexandria, VA
 571-290-5026

Fitness**Ashburn Pilates**

<http://ashburnpilates.com>
info@ashburnpilates.com
 44081 Pipeline Plaza, #315 Ashburn, VA
 571-344-9272

Babies at the Barre

<http://babiesatthebarre.com>
babiesatthebarre@gmail.com
 717-585-0354

Dynamic Core Wellness

<http://dynamiccorewellness.com>
info@dynamiccorewellness.com
 301-606-9096

Fit4Moms

Arlington/Alexandria
<http://arlington-alexandria.fit4mom.com>
jlungren@Fit4Mom.com
 571-305-2029

Falls Church/Vienna/Fairfax
<http://fallschurchvienna.fit4mom.com>
fallschurchvienna@fit4mom.com
 571-418-2758

Capitol Hill
<http://capitolhill.fit4mom.com>
michellecain@fit4mom.com

Lorton/Springfield
<http://lortonspringfield.fit4mom.com>
shannonlink@fit4mom.com
 757-897-5724

Montgomery County
<http://montgomerycounty.fit4mom.com>
heathergalladora@fit4mom.com
 301-887-3756

Fitness Design Solutions

<http://fitnessdesignsolutions.com>
Jennifer@fitnessdesignsolutions.com
 Ashburn, VA
 703-728-6333

Grass Roots Fitness

<http://grassrootsfitness.org>
joann@grassrootsfitness.org
 512 Maple Ave, West, Vienna, VA
 703-582-6764

Mix Fitness

<http://mixfitness.com>
sara@mixfitness.com
 703-868-3740

Mizani Fitness

<http://mizanifitness.com>
info@mizanifitness.com
 855-991-9790

Mommy+Baby Fit at Crossfit South Arlington

<http://crossfitharlington.com/mommybabyfit>
info@crossfitharlington.com
 607 South Ball Street, Arlington, VA

MVA Crossfit

<http://www.crossfitmva.com>
 1712 Mount Vernon Avenue, Alexandria, VA

PK Move

<http://pkmove.org>
 Alexandria, VA
 703-216-0051

PowerFull Fitness

<http://powerfullfitness.com>
laura.powerfullfitness@gmail.com
 252-670-8824

Pure Barre Kingstowne

<http://purebarre.com/va-kingstowne>
 5680 King Centre Dr., Kingstowne, VA
kingstowne@purebarre.com
 703-922-6172
 Additional locations: <http://purebarre.com/locations>

Saffron Dance

<http://saffrondance.com>
 3260 Wilson Blvd, Arlington, VA
 703-276-BELLY (2355)

Studio Body Logic

<http://studiobodylogic.com>
Arlington@studiobodylogic.com
Alexandria@studiobodylogic.com
 4001 N 9th Street, Suite 108, Arlington, VA
 2417 Mount Vernon Avenue, Alexandria, VA

703-527-9626 (Arlington)
 703-739-7601 (Alexandria)

TheFamily Dances

<https://squareup.com/store/thefamilydances>
thefamily.dances@gmail.com
 202-213-2970

True Fitness

<http://tfpersonaltraining.com>
TrueFitnessVA@gmail.com
 5130 Wilson Blvd, Suite P, N. Arlington, VA
 703-399-9226

Vinayam In-Home Yoga & Meditation Instruction

<http://vinayam.com>
vinayasaunders@gmail.com
 1801 Robert Fulton Drive, Suite 230 A, Reston, VA
 571-488-2522

Workout Around My Day

<http://workoutaroundmyday.com>
cordelia@workoutaroundmyday.com
 304-268-2803

Self-Care**Meditation and Mindfulness Opportunities**

America Meditating Radio Show with Sister Jenna
blogtalkradio.com/americanmeditating
americanmeditating@gmail.com
 301-588-0144

**Arlington Meditation**

<http://virginiameditation.org>
 5659 Columbia Pike #200, Falls Church, VA
 703-354-8071

The Art of Living Foundation National Center

<http://www.artofliving.org/us-en/washington-dc-national-center>
dc.center@us.artofliving.org
 2401 15th Street NW, Washington DC
 202-332-LIFE (5433)

BOLD Tranquility

<http://daringtoforest.com>

Center for Mindful Living
<http://living-mindfully.org>
4708 Wisconsin Ave NW, Washington, DC
240-481-8248

Del Ray Zen
<http://www.delrayzen.org>
info@delrayzen.org
703-582-0858

DC Forest Bathing
<https://www.facebook.com/dcforestbathing>
202-441-3575

**The Durable Human - Nature & Mindfulness
Walks with Jenifer Joy Madden**
<http://durablehuman.com>
Info@durablehuman.com
9463 Coral Crest Lane, Vienna, VA
703-403-7034



Healing from the Core
<http://healingfromthecore.com>
office@healingfromthecore.com
11110 Sunset Hills Rd., Reston, Virginia 20195
703-620-4509

Just Meditate
<http://www.justmeditate.studio>
info@justmeditate.studio
4928 St. Elmo Avenue, Bethesda, MD
301-312-8080

Insight Meditation Community of Washington
<http://imcw.org/Community/Children-and-Families>
meditate@imcw.org
IMCW Center for Mindful Living
4708 Wisconsin Avenue, NW, Washington, DC
202-986-2922

Meditate Everywhere
<https://www.meditateeverywhere.com>
Hello@MeditateEverywhere.com
1440 G Street NW, Washington, DC
202-868-8369

Meditation Museum
<http://meditationmuseum.org>
MeditationMuseum@gmail.com

9525 Georgia Avenue, Silver Spring, MD
301-588-0144

Mindful Leader
<http://www.mindfulleader.org>
info@mindfulleader.org

The Mindfulness Center
<https://www.themindfulnesscenter.org>
themindfulnesscenter@gmail.com
4963 Elm St, Bethesda, MD
301-986-1090

Minds Incorporated
<http://mindsincorporated.org>
Corinne@mindsincorporated.org
2716 Poplar Street NW, Washington, DC

recharj
<http://www.recharj.com>
info@recharj.com
1445 New York Ave NW, Washington, DC
844-334-6627

Rise Well-Being Center
<https://www.risewellbeing.center>
11130 Sunrise Valley Dr., Reston, VA
703-429-1509

Vajrayogini Buddhist Center
<http://meditation-dc.org>
info@meditation-dc.org
1787 Columbia Road, Washington DC
202-986-2257

Woven Green music to empower and entertain
<http://www.wovengreenmusic.com>
info@wovengreenmusic.com
703-433-2238

Spas & Retreat Spots

*See also life coaches and health/wellness coaches for
retreats and opportunities*

The Art of Living Retreat Center
<https://artoflivingretreatcenter.org>
info@artoflivingretreatcenter.org
639 Whispering Hills Rd, Boone, NC
800-392-6870

Bethesda Salt Cave
<http://www.bethedasaltcave.com>

SaltCave@comcast.net
4709 Montgomery Lane, Bethesda, MD
301-312-6377

Blueberry Gardens Healing Center
<https://www.blueberrygardens.org>
237 Ashton Road, Ashton, MD
blueberrygardens@verizon.net
301-570-5468

Claymont Society
<http://claymont.org>
seminars@claymont.org
667 Huyett Rd Charles Town, WV
304-725-4437

Earth Walkways Forest Therapy & Retreat
<http://earthwalkways.com>
earthwalkways@gmail.com
Fredericksburg, VA
540-752-5540

Edgy Zen Spa
<http://edgyzenspa.com>
5254 Seminary Rd, Alexandria, VA
202-285-8575

Four Quarters Interfaith Sanctuary
<https://www.4qf.org>
office@4qf.org
190 Walker Lane, Artemas, PA
814-784-3080

Fox Haven Farm & Retreat Center
<http://www.foxhavenfarm.org>
info@foxhavenfarm.org
3630 Poffenberger Rd, Jefferson, MD
240-490-5484

The Green Farmacy Garden
<https://thegreenfarmacygarden.com>
greenfarmacygarden@gmail.com
Fulton, MD

Haven on the Lake
<https://havenonthelake.org>
10275 Little Patuxent Parkway, Columbia, MD
410-715-3020

Hela Spa
<http://helaspa.com/menu>
info@helaspa.com
3209 M St NW Washington, DC
202-333-4445

Holistic Grotto
<https://www.holisticgrotto.com>
lindapisani@comcast.net
Ashburn, VA
703-728-4656

Hope Floats
<https://www.hopefloatsusa.com>
info@hopefloatsusa.com
4709 Chase Ave, Bethesda, MD
202-236-2099

Lotus Garden Wellness Spa
<http://www.lotusgardenwellnessspa.com>
info@lotusgardenwellnessspa.com
931 Barton Oaks Pl, Herndon, VA
703-870-7859

Meadowkirk Retreat Center
<http://meadowkirk.org>
38012 Delta Farm Lane, Middleburg, VA
540-687-556

Mind Your Body Oasis
<http://mindyourbodyoasis.com>
info@mindyourbodyoasis.com
1750 Crystal Drive, Arlington, VA
703-567-1290

Mindful Shenandoah Valley
<https://mindfulvalley.com>
shell@mindfulvalley.com
1794 Cedar Creek Grade, Winchester, VA
540-542-6139

Nusta Spa
<http://nustaspa.com>
spacoordinator@nustaspa.com
1129 20th Street NW, Washington DC
202-530-5700

Optimal Integrative Med Spa
<http://optimalintegrativemedspa.com>
info@optimalintegrativemedspa.com
3930 Pender Drive, Fairfax, VA
703-865-5577

Organic Nails & Spa
<http://organicnailsandspa.com>
info@organicnailsandspa.com
346 Maple Avenue, West Vienna, VA
703-865-8525

Pearlstone Center

<http://pearlstonecenter.org>
info@pearlstonecenter.org
 5425 Mt. Gilead Rd., Reisterstown, MD
 443-273-5101

Pure Aesthetica

<http://www.pureaesthetica.com>
info@PureAesthetica.com
 2212 Mount Vernon Avenue, Alexandria, VA
 703-664-0184

Rainlily

<https://www.rainlilybeauty.com>
info@rainlilybeauty.com
 527 Maple Ave E, Vienna VA
 703-853-1906

Revive Nail Studio

<https://www.revivenailstudio.com>
Reviveyournails@gmail.com
 Leesburg, VA
 406-531-6024

Rumi Wasi Sanctuary

<https://angelablueskies.com>
<http://heartofthemothereetreats.com>
heartofthemothereetreats@gmail.com
rumiwasisanctuary@gmail.com
 Harpers Ferry, WV
 443-794-7485

Seven Oaks Lavender Farm

<http://www.sevenoakslavenderfarm.com>
deborah@sevenoakslavenderfarm.com
 8769 Old Dumfries Road, Catlett, VA
 540-272-7839

Seven Oaks Retreat Center

<https://www.sevenoaksretreat.org>
sevenoaks@sevenoaksretreat.org
 403 Pathwork Way, Madison, VA
 540-948-6544

Shamanic Healing Institute

<http://www.shamanic-healing.org>
paul@shamanic-healing.org
 130 Holiday Court, Annapolis, MD
 410-573-9800

The Still Point Spa

<http://thestillpointspa.com>
info@stillpointmindandbody.com

1 Columbia Avenue, Takoma Park, MD
 301-920-0801
 Haven on the Lake, Columbia, MD
<https://havenonthelake.org/spa-services>
 410-715-3030

Smithfield Farm Bed & Breakfast

<http://www.smithfieldfarm.com>
info@smithfieldfarm.com
 568 Smithfield Ln, Berryville, VA
 540-955-4389

Unwind Wellness

<https://unwindwellness.com>
friends@unwindwellness.com
 1054 Thomas Jefferson St NW, Washington, DC
 202-333-3334
 1990 18th St NW, Washington, DC
 202-232-2232

Velise Total Spa

<http://www.velisetotalspa.com>
velisetotalspa@gmail.com
 176 Thomas Johnson Drive Suite 204 Frederick, MD
 301-378-9863

Vows & Wows Wellness Spa

<http://www.vowsandwowswellness.com>
gpsyourpath@gmail.com
 Germantown, Maryland
 301-515-0470

Yogaville

<https://www.yogaville.org>
arc@yogaville.org
 108 Yogaville Way, Buckingham, VA
 800-858-9642

Life Coaching**In Essence Coaching with Alexandra Hughes**

<http://calmjoyfulmom.com>
 4527 Nebraska Avenue NW, Washington DC
 202-751-6278

Alexandra
 HUGHES

Conscious Healthy Mama – Naomi Gottlieb-Miller

<http://www.conscioushealthymama.com/>
northernstaryoga@gmail.com

lil omm – Pleasance Silicki
<http://lilomm.com>
info@lilomm.com
202-248-6304



One Girl Wellness
<http://onegirlwellness.com>
susan@onegirlwellness.com
3848 Porter Street NW, Washington DC
202-288-1768



Pathways to Lifelong Health
<http://pathwaystolifelonghealth.com>
info@pathwaystolifelonghealth.org
571-437-0415

Zendoway
<http://zendoway.com>
kerry@zendoway.com
1252 Center Harbor Place, Reston, VA
202-250-1051



Home & Garden

Clothing, Toys, Books & Accessories:
Retail outlets and local companies & artisans

Abby's Lane Online Boutique
<https://www.abbyslane.com>
novacloth@gmail.com
Warehouse: 8870 Rixlew Lane, Manassas, VA
571-229-9433

Almondon
<https://almondon.com>
info@almondon.com
571-203-0888

Buccio Baby Shop
<https://www.etsy.com/shop/bucciobabyshop>
nicole@thebuccioclan.com

Downward Dye
<https://www.downwarddye.com>
downwarddye@gmail.com
1021 N Garfield St, Arlington, VA
412-877-7345 & 757-469-4143

Droolist Custom Sewing & Embroidery
<http://droolist.etsy.com>
202-930-0393

The Enchanted Poppy
<https://www.etsy.com/shop/TheEnchantedPoppy>

The Inspired Spirit
<http://theinspiredspirit.etsy.com>
Theinspiredspirit@aol.com
804-852-2924

Gathered
<http://gatheredshop.com>
gatheredshop@gmail.com
201 E Main Street, Front Royal, VA
540-671-1254

Greenberries
<http://greenberriescompany.com>
Rachel@greenberriescompany.com
6925 Oakland Mills Road, Columbia, MD
410-290-6253

Imagine Green Wear
<http://stores.imaginegreenwear.com>
information@imaginegreenwear.com
3850 Germantown Road, Fairfax, VA
1-800-338-0177

Lady Farmer: A Sustainable Apparel Company
<https://www.lady-farmer.com>
info@lady-farmer.com
651-347-4369

Latched Mama
<https://latchedmama.com>
sales@latchedmama.com
13509 East Boundary Rd, Midlothian, VA
844-500-1325

Lyme Savvy & The Best Part of My Day Journal
<http://lymesavvy.com>
<http://www.sharonrainey.com/bestjournal.html>
sharon@sharonrainey.com

Marcella Art + Illustration

<http://marcellakriebel.com>
716 Monroe St. NE Studio #14, Washington, DC

One More Page Books

<http://onemorepagebooks.com>
info@onemorepagebooks.com
2200 N. Westmoreland Street, Arlington VA
703-300-9746

Purple Tools

<http://purpletools.net>
info@purpletools.net
301-891-2488; 877-538-9901

REI

<https://www.rei.com>
DC Store

201 M Street NE
202-543-2040

Maryland Stores

9801 Rhode Island Ave, College Park
301-982-9681
6100 Dobbin Road, Suite B, Columbia
410-872-1742
1701 A-7 Rockville Pike, Rockville
301-230-7670

Virginia Stores

3509 Carlin Springs Rd, Bailey's Crossroads
703-379-9400
11950 Grand Commons Ave., Fairfax
571-522-6568
8209 Watson Street, McLean
703-506-1938
15200 Potomac Town Place, Woodbridge
703-583-1938

Sharp Plant Designs

<https://www.sharplant.com>

Simply Om Designs

<http://simplyom.com>
kiran@simplyom.com

Ten Thousand Villages

<http://www.tenthousandvillages.com>
Virginia locations in Arlington at Trade Roots,
Alexandria, Fairfax at Fair Trade Winds,
Fredericksburg and Warrenton at Latitudes Fair
Trade
Maryland locations in Baltimore, Bethesda and
Rockville

Three Green Moms/LunchSkins

<http://www.3greenmoms.com>
customerservice@lunchskins.com
6917 Arlington Road, Bethesda, MD
301-652-3331

Trade Roots

<http://fairtraderoots.com>
traderootsva@gmail.com
5852 N Washington Blvd., Arlington, VA
571-335-4274

TugooH Toys

<http://tugoohtoy.com>
info@tugoohtoy.com
1355 Wisconsin Ave, NW Washington DC
202-338-9476

Yinibini Baby

<http://www.yinibinibaby.com>
yinibinibaby@gmail.com
202-681-9908

ZenHappy Artisan Jewelry

<https://www.etsy.com/shop/ZenHappy>

Products for Home & Garden**Aburi Botanicals**

<http://aburibotanicals.com>
info@aburibotanicals.com
703-688-2428

Craft Indulgence

<http://craftindulgence.com>
monika@craftindulgence.com
Herndon, VA
571-250-7717

Sandra Cope Organic Skincare

<http://sandracopeco.com>
sandracopeco@comcast.net
626 N. Washington St. Alexandria, VA
703-548-8880

Eco-Artware

<http://eco-artware.com>
inform@eco-artware.com
3100 Connecticut Avenue, NW, Washington, DC
202-232-9032

Evolve Skin

<http://evolveskinproducts.com>
support@evolveskinproducts.com
3617 38th St. NW, Suite 302, Washington DC
703-554-3510

Greenplicity

<http://greenplicity.com/store>
hello@greenplicity.com
PO Box 1173, Purcellville, VA
703-672-1642

Herb Angel

<http://herb-angel.com>
va.herb.angel@gmail.com
Gordonsville, VA 22942
757-287-5036

Karmalades

<http://karmalades.com>
info@karmalades.com
202-413-3099

Little Red Bird Botanicals

<http://littleredbirdbotanicals.com>
littleredbirdbotanicals@gmail.com
202-726-1924

Mama Luvs Herbs and Stitches

<https://www.facebook.com/pg/MamaLuvsHerbs>
mamaluvsherbals@gmail.com
703-626-6374

Moonbeams and Fairy Dust

<https://moonbeamsandfairydust.com>
steffany@moonbeamsandfairydust.com
202-870-0259

Nourishmat

<http://nourishmat.com>
grassroots@earthstarter.com

Pax Apothecary

<https://paxapothecary.com>
Nicole@paxapothecary.com
7006 Carroll Avenue, Takoma Park, MD

Rose Petal World

<https://www.facebook.com/rosepetalworld>

Skincando

<http://skincando.com>
sara@skincando.com

1900 Lyttonsville Road, Silver Spring, MD
888-903-7766

truly-life

<http://truly-life.com>
service@truly-life.com
111 East Randolph Ave, Alexandria, VA
703-371-6802

Worm Watcher

<https://wormwatcher.com>
customerservice@wormwatcher.com
757-725-6675

Retail Outlets for Home & Garden**13 Magickal Moons**

<http://www.13magickalmoons.com>
440 Mill St, Occoquan, VA (as of 2/19/18)
703-495-5135

Amicus Green Building Center

<http://www.amicusgreen.com>
info@amicusgreen.com
4080 Howard Ave, Kensington, MD
301-571-8590

Eco-Design Showroom

<http://allecocenter.com>
info@allecocenter.com
2662 University Blvd, W. Wheaton, MD
301-949-4326

Earth Sangha

<http://www.earthsangha.org>
info@earthsangha.org
Fairfax/Springfield, VA
703-764-4830

Eastern Market

<http://www.easternmarket-dc.org>
market.manager@dc.gov
225 Seventh Street, SE Washington, DC
202-698-5253

EMF Safety Store: Center for Safer Wireless

<https://centerforsaferwireless.us>

Go Clean Clean

<http://www.gocleanclean.com>
Erin@gocleanclean.com
703-831-3534

Local Wood

<http://www.localwoodva.com>
 scott@localwoodva.com
 40 Kimble Road, Berryville, VA
 540-955-9522

Nature By Design

<http://www.nature-by-design.com>
 plantfolks@nature-by-design.com
 300 Calvert Avenue, Alexandria, VA
 703-683-GROW (4769)

Ostrows Organic Mattress Superstore

<http://www.omimattress.com>
 5225 Pooks Hill Road Promenade, Bethesda, MD
 240-640-0213

Savvy Rest

<https://savvyrest.com>
 info@savvyrest.com
 258 Maple Avenue E, Vienna, VA
 12242 Rockville Pike, Rockville, MD
 703-255-7040 (Vienna)
 301-770-7040 (Rockville)

Solar Publishing

<http://www.solarpub.com>
 robyn@solarpub.com
 410-493-1872

Rising Phoenix Holistic Center

<http://www.risingphoenixhc.com>
 info@risingphoenixhc.com
 9028 D Prince William Street, Manassas, VA
 703-392-9200

Services for Home & Garden**Amy Thomas Design**

<https://www.facebook.com/amythomasdesign>
 amythomas10@gmail.com
 716-536-0403

Arlington County's Green Home Choice Program

<http://freshaireva.us/greenhomechoice>
 hreinecke-wilt@arlingtonva.us
 Serving Arlington, VA
 703-228-4792

Bloom

<http://bloomsoil.com>
 bloom@bluedrop.co

5000 Overlook Avenue, SW Washington, DC
 202-765-3292 ext. 102

CapitolCreations

cydprice@msn.com
 228 ½ 12th St. SE, Washington, DC
 202-297-2661

Compost Cab

<https://compostcab.com>
 1133 15th St NW, Washington, DC
 202-695-2020

Compost Livin', LLC

<http://compostlivin.com>
 info@compostlivin.com
 703-362-9378

Cultivate the City

<http://www.cultivatethecity.com>
 info@cultivatethecity.com
 516-410-2257

Early Space

<http://earlyspace.com>
 nancy@earlyspace.com
 5827 19th Street North, Arlington, VA

**Edible Landscapes**

<http://ediblelandscapes.com>
 703-508-1400

Faces of Nature LLC Lawn and Landscape

facesofnature@comcast.net
 703-521-8438

The Garden Yogi

<https://www.thegardenyogi.com>

GoGardeners Garden Coaching

<http://www.gogardeners.com>
 elise@gogardeners.com
 Phone: 301-518-8333

Green Dwellings LLC

<http://www.greendwellingsdc.com>
emilio@greendwellingsdc.com
greendwellings@aol.com
202-368-5228

Inlogix

<http://www.inlogix.com>
david@inlogix.com
703-218-2870

LifeSource Environmental Solutions

<http://www.thelifesourcesolution.com>
chris@thelifesourcesolution.com
202-309-4084

Love & Carrots

<http://www.loveandcarrots.com>
garden@loveandcarrots.com
202-957-5683

My Great Garden

<http://mygreatgarden.com>
info@mygreatgarden.com
Centerville, VA
703-969-4966

Organic Edible Gardens

<http://oegardens.com>
info@oegardens.com
571-282-1724

Prior Unity Garden

<http://priorunitygarden.com>
gardeners@priorunitygarden.com
3017 James Street, Fairfax VA
703-281-7743

Nana Juju

<http://www.nanajujurocksfood.com>
nanajujurocks@gmail.com
301-246-2070

Real Food Real Close

<http://www.realfoodrealclose.com>
info@RealFoodRealClose.com
443-351-4046

Rent a Coop

<http://www.rentacoop.com>
tyler@rentacoop.com
Germantown, MD 20876
202-412-4232

Sprout Kitchen Gardens

<http://sproutkitchengardens.com>
info@SproutKitchenGardens.com

Straw Hat Gardening

<http://www.strawhatgardening.com>
info@StrawHatGardening.com

TerraScapes Environmental Consulting

<http://terrascapes.org>
terra@terrascapes.org
2525 A Beaufort Ave, Virginia Beach, VA
757-291-4736

Urban Farm Plans

<http://www.urbanfarmplans.com>
info@urbanfarmplans.com
202-695-2875

Veteran Compost

<http://www.veterancompost.com>
328 Bush Chapel Rd, Aberdeen, MD
410-935-6404

Well Nest Home Cleaning

<https://gowellnest.com>
support@gowellnest.com
800-791-2878

Yuck Old Paint

<http://yuckoldpaint.com>
yuckoldpaint@gmail.com
7361-M Lockport Place, Lorton VA
201-522-1004

Food**Natural Foods Grocery Stores & Markets
Featuring Local Food Producers****Bethesda Co-op Natural Market**

<https://www.bethesdacoop.org>
6500 Seven Locks Rd, Cabin John, MD
301-320-2530

Common Ground Market

<https://www.thecommongroundmarket.com>
19900 Fisher Avenue, Poolesville, MD
202-834-6081

The Common Market

<https://www.commonmarket.coop>
cm@commonmarket.coop

5728 Buckeystown Pike, Frederick, MD
301-663-3416

Dawson's Market

<http://dawsonsmarket.com>
225 N. Washington St., Rockville, MD
info@dawsonsmarket.com
240-428-1386

Earth Fare

<https://www.earthfare.com/fairfax>
11054 Lee Highway Fairfax, VA 22030
828-281-4800

Eastern Market

<http://www.easternmarket-dc.org>
market.manager@dc.gov
225 Seventh Street, SE Washington, DC
202-698-5253

For Goodness Sake Natural Foods

<http://fgsleesburg.com>
fgsleesburg@gmail.com
108 South St SE, Leesburg, VA
703-771-7146

Good Food Markets

<http://www.goodfoodmarkets.com>
feedback@goodfoodmarkets.com
2006 Rhode Island Avenue NE
202-248-8494

Glen's Garden Market

<http://glensgardenmarket.com>
info@glensgardenmarket.com
2001 S St NW, Washington, DC
202-588-5698
1924 8th St NW, Washington, DC
202-939-2839

Glut Food Co-op

<https://glut.org>
4005 34th St. Mt. Rainier, MD
301-779-1978

Green Valley Marketplace

<http://greenvalleymarketplace.com>
comments@greenvalleymarketplace.com
7280 Montgomery Road Elkridge, MD 21075
410-579-4646
1238 Bay Dale Drive, Arnold, MD 21012
410-757-0505

Healthy By Nature

<http://healthybynatureleesburgva.com>
info@healthybynatureleesburgva.com
305-O East Market Street, Leesburg, VA
703-443-6632

Let's Meat on the Avenue

<http://letsmeatontheavenue.com>
2403 Mount Vernon Avenue, Alexandria, VA
703-836-6328

KOL Foods

Devora Kimelman-Block
<http://www.kolfoods.com/goodforkfoods>
devora@kolfoods.com
7981 Eastern Avenue, Silver Spring, MD
917-864-7965

MOM's Organic Market

<http://momsorganicmarket.com>
info@momsorganicmarket.com
DC Location

Ivey City: 1501 New York Ave.
202-791-3826

Maryland Locations

College Park : 9827 Rhode Island Ave.
301-220-1100
Frederick : 5273 Buckystown Pike
240-566-1444
Hampden/Baltimore: 711 W. 40th St. #163
667-219-2500
Jessup: 7351 Assateague Dr. #190
410-799-2175
Rockville: 566 Randolph Rd.
301-816-4944
Timonium: 20 W. Ridgely Rd.
443-921-1390
Waldorf: 3301 Plaza Way
301-861-5720
White Marsh: 5267 Campbell Blvd.
443-461-2033

Virginia Locations

Alexandria: 3831 Mt. Vernon Ave.
703-535-5980
Arlington: 1901 N. Veitch St.
571-354-8810
Herndon: 424 Elden St.
703-483-6740
Merrifield (Fairfax): 8298 Glass Alley
703-663-8810
Woodbridge: 14470 Smoketown RD.
571-398-3043

Mrs. Green's Natural Market

<http://mrsgreens.com>
customerservice@mrsgreens.com
12995 Fair Lakes Shopping Center, Fairfax VA
571-316-1048

The Local Market

<http://www.thelocalmarket.me>
246 W Broad St, Falls Church, VA
703-536-6123
tamara@thelocalmarket.me

Maple Avenue Market

<http://www.mapleavenuemarket.com>
chris@mapleavenuemarket.com
128 Maple Avenue, E, Vienna, VA
703-957-9348

The Organic Butcher of McLean

www.theorganicbutcher.com
mclean@theorganicbutcher.com
6712 Old Dominion Drive, McLean, VA
703-790-8300

New Family Naturals

<http://newfamilynaturals.com>
Info@NewFamilyNaturals.com
11414 Washington Plaza West Reston VA
703-481-0471

Roots Market

<http://rootsmkt.com>
Clarksville, MD: 5805 Clarksville Square Drive
443-535-9321
Olney, MD: 16800 Georgia Ave.
301-774-1344

Salud the Healthy Pantry

<http://saludhealthypantry.com>
saludpantry@gmail.com
1137 Walker Rd, Great Falls VA
703-757-0120

Senbeb Natural Food Coop

<https://www.facebook.com/pg/senbebnatural/>
6224 3rd St NW, Washington, DC
202-723-5566

Secrets of Nature DC

<https://www.facebook.com/pg/Secrets-of-Nature-DC-400717463275524/>
3923 S Capitol St SW, Washington, DC
202-562-0041

Streets Market and Cafe

<http://streetsmarketcafe.com>
3108 Mount Vernon Ave, Alexandria, VA
571-431-6807
2400 14th St NW, Washington, DC
202-265-3300

Stoneybrook Farm Market

<http://www.stoneybrookfarm.org>
info@stoneybrookfarm.org
37091 Charles Town Pike, Hillsboro, VA
540-668-9067

Takoma Park/Silver Spring Co-op

<http://tpss.coop>
gm@tpss.coop
201 Ethan Allen Ave, Takoma Park, MD 20912
301-891-COOP (2667)

Union Kitchen

<http://unionkitchendc.com>
info@unionkitchendc.com
1369 New York Ave NE Washington, DC
1251 9th Street NW Washington, DC
538 3rd Street NE Washington, DC
202-792-7850

Yes! Organic Market

<http://www.yesorganicmarket.com>
DC locations

Adams Morgan: 1825 Columbia Rd. NW
202-462-2069
Brookland: 3809 12th St. NE
202-832-7715
Capitol Hill: 410 8th St. SE
202-546-4325
Cleveland Park: 3425 Connecticut Ave. NW
202-363-1559
Petworth: 4100 Georgia Ave. NW
202-291-5790
14th Street: 2123 14th St. NW
202-232-6603

MD location

Hyattsville: 5331 Baltimore Ave.
301-779-1205

**National Chain Grocery Stores
offering natural & organic options**

Wegmans

MD Locations in Bel Air/Abingdon, Columbia, Crofton/Gambrills, Frederick, Germantown, Hunt Valley, Owing Mills and Woodmore/Lanham
VA Locations in Alexandria, Dulles, Fairfax, Fredericksburg, Lake Manassas/Gainesville, Leesburg, and Potomac/Woodbridge

Whole Foods Market

DC Locations in Georgetown, Foggy Bottom, P Street and Tenleytown
MD Locations in Annapolis, Baltimore, Bethesda, Chevy Chase, Columbia, Gaithersburg, Rockville and Silver Spring
VA Locations in Alexandria - Old Town, N. Arlington/Clarendon, S. Arlington/Pentagon City, Fairfax, Falls Church/Tysons, Glen Allen and Reston

Grocery & Meal Delivery, Pick-Up & Catering

100 Bowls of Soup

<http://www.100bowlsofsoup.com>
100bowlsofsoup@gmail.com
279 Sunset Park Drive, Herndon VA 20170
703-466-5130

Clean Living With Paula

<http://www.cleanlivingwithpaula.com>
Cleanlivingwithpaula@gmail.com
703-591-3560

Flesh of the Flesh

<http://fleshoftheflesh.com>
info@fleshoftheflesh.com
703-856-3668

From the Farmer

<https://fromthefarmer.com>

Galley

<http://galleyfoods.com>
eli@galleyfoods.com
202-930-3663

Green Chef

<https://greenchef.com>
help@greenchef.com

Green Plate Catering

<http://www.greenplatecatering.com>
kit@greenplatecatering.com
11307 Elkin Street, Wheaton, MD
301-949-7601

Heartland Home Foods

<http://heartlandfoods.com>
info@heartlandfoods.com
1582 Sulphur Spring Road, Baltimore, MD
800-492-5592

Holistic Home Cookin'

<http://holistichomecookin.com>
ajsilver79@gmail.com
540-874-2433

Hometown Harvest

<http://www.hometownharvest.com>
info@hometownharvest.com
4635 Wedgewood Blvd, Suite 101
Frederick, MD 21703
301-798-2616

Postmodern Foods

<http://postmodernfoods.com>
denise@postmodernfoods.com

Nana Juju

<http://www.nanajujurocksfood.com>
nanajujurocks@gmail.com
301-246-2070

Relay Foods

<https://www.relayfoods.com/welcome>
metrodc@relayfoods.com
202-618-6048

Roost Crate

<http://www.roostcrate.com>
info@roostcrate.com

Root & Stem

<http://rootandstemdc.com>
info@rootandstemdc.com
2941 Fairview Park Drive, Falls Church, VA
703-289-1281

Seasonal Roots

<https://www.seasonalroots.com>

Souper Girl

<https://thesoupergirl.com>

info@thesoupergirl.com
Takoma location (Flagship Store): 202-609-7177
M Street location (Express): 202-733-4401

South Mountain Creamery
<http://www.southmountaincreamery.com>
8305 Bolivar Road, Middletown, MD 21769
301-371-8565
844-SMC-MILK/844-762-6455

Territory
<https://www.territoryfoods.com>
hello@territoryfoods.com
1712 Mt. Vernon Ave, Alexandria, VA
202-656-1644

Washington's Green Grocer
<https://www.washingtonsgreengrocer.com>
help@washingtonsgreengrocer.com

Dining: Restaurants, Cafes & Juice Bars
There are obviously lots of places to eat! We're including here only those that have some connection to local food or organic/sustainable food or that are known for catering to special diets or to families.

Baker's Crust Artisan Kitchen
<https://bakerscrust.com>
19890 Belmont Chase Drive, Ashburn, VA
703-443-4286

Bazin's On Church
<http://www.bazinsonchurch.com>
julie@bazinsonchurch.com
111 Church St NW, Vienna, VA
703-255-7212

Bean Bar
<http://www.beanbarloudoun.com>
beanbarloudoun@gmail.com
601 Village Market Blvd SE, Leesburg, VA
703-777-7200

Beefsteak Vegetables Unleashed
<http://beefsteakveggies.com>
info@beefsteakveggies.com
Tenleytown, GWU, Dupont Circle & Montgomery Mall

Bon Vivant Cafe and Farm Market
<http://bvfarmfood.com>
2016 Mount Vernon Ave, Alexandria VA
703-399-0357

Burtons Grill & Bar
<http://www.burtonsgrill.com>
fdeichmann@burtonsgrill.com
21434 Epicerie Plaza, Sterling, VA
571-665-5700

Busboys & Poets
<http://www.busboysandpoets.com>
Locations in Shirlington, VA & Hyattsville, MD
DC locations in Brookland and Takoma and at 5th & K and 14th and V

CAVA
<http://cava.com>
hello@cava.com
Multiple locations in DC, MD and VA

Cafein
<http://cafeinva.com>
coffeesmith.chantilly@gmail.com
13924 Metrotech Dr, Chantilly, VA
703-961-1081

Choolaah Indian BBQ
<https://choolaah.com>
2911 District Avenue, Fairfax, VA
21426 Epicerie Plaza, Sterling, VA

Clyde's Willow Creek Farm
<http://www.clydes.com/willow>
info@clydes.com
42920 Broadlands Blvd, Ashburn, VA
571-209-1200

Cooper's Hawk
<https://chwinery.com>
19870 Belmont Chase Dr, Ashburn, VA
703-840-0999
12130 Sunset Hills Rd Reston, VA
703-880-2444

Copperwood Tavern
<http://www.copperwoodtavern.com>
info@copperwoodtavern.com
Shirlington: 4021 Campbell Avenue, Arlington, VA
703-552-8010
Loudoun: 20465 Exchange Street, Ashburn, VA
703-724-4006

Del Ray Cafe
<http://www.delraycafe.com>
info@delraycafe.com

205 E Howell Ave, Alexandria, VA
703-717-9151

Elevation Burger

<http://elevationburger.com>
Multiple locations in DC, MD and VA

Everlasting Life Vegan Restaurant

<http://www.eliferestaurant.com>
itsagreatday@everlastinglife.net
9185 Central Avenue, Capitol Heights MD
301-324-6900

Farmers & Fishers Bakers

3000 K St NW, Washington, DC
<https://www.farmersfishersbakers.com>
pr@farmersrestaurantgroup.com
202-298-8783

Fields of Athenry Farm Side Saddle Cafe

<http://www.fieldsofathenryfarm.com>
elaine@fieldsofathenryfarm.com
7 W. Washington St., Middleburg, VA
540-326-8177

Founding Farmers

<http://www.wearefoundingfarmers.com>
DC Location

1924 Pennsylvania Ave. NW
Washington, D.C. 20006
ffdc@farmrequest.com
202-822-8783

Maryland Location

12505 Park Potomac Avenue
Potomac, MD 20854
MoCo@FarmRequest.com
301-340-8783

Virginia Location

1800 Tysons Blvd
Tysons, VA 22102
FFT@farmrequest.com
703-442-8783

Fresh & Organic

<http://www.FreshandOrganicAshburn.com>
freshandorganic@gmail.com
20693 Ashburn Rd, Ashburn, VA
703-726-9629

GreenFare

<http://www.greenfare.com>
info@GreenFare.com
408 Elden Street, Herndon, VA 20170

703-689-0506

Green Heart Juice Shop

<http://www.greenheartjuiceshop.com>
info@greenheartjuiceshop.com
762 B Walker Rd, Great Falls, VA
703-759-2126

The Happy Tart Gluten-Free Patisserie & Café

<https://happytartbakery.com>
info@happytartbakery.com
2307a Mount Vernon Ave, Alexandria, VA
571-290-0166
410 S Maple Avenue, Falls Church, VA
571-395-8280

Haute Dogs & Fries

<http://www.hautedogsandfries.com>
info@hautedogsandfries.com
610 Montgomery Street, Alexandria, VA
703-548-3891

Hidden Julles Cafe

<http://hiddenjullescafe.com>
hiddenjullescafe@gmail.com
14950 Washington St, Haymarket, VA
571-248-2647

Honeygrow

<http://www.honeygrow.com>
1100 S Hayes S Arlington, VA
703-418-0180

Jinsei Juice

<https://jinseijuice.com>
info@jinseijuice.com
Tysons Corner Center, Level 1 Kiosk,
1961 Chain Bridge Road, McLean, VA
703-734-5461

Khepra's Raw Juice Bar

<http://kheprasrawfoodjuicebar.com>
khepra@kheprasrawfoodjuicebar.com
402 H St NE, Washington DC 20002
202-803 2063

Le Pain Quotidien

<http://www.lepainquotidien.com>
Multiple locations in DC, MD and VA

Life and Honey

<http://lifeandhoney.com>
hello@lifeandhoney.com

24630 Dulles Landing Dr.
Dulles, VA 20166
703-542-8760

Lilit Café

<http://www.lilitcafe.com>
Info@LilitCafe.com
7921 Old Georgetown Road, Bethesda, MD
301-654-5454

Liz'z Creative Juices

<http://lizzcreativejuices.com>
lizzcreativejuices@gmail.com
915 Lafayette Blvd, Fredericksburg VA
540-371-2931

Not Your Average Joe's

<https://www.notyouraveragejoes.com>
1845 Fountain Dr., Reston, VA
571-234-8200
15101 Potomac Town Pl, Woodbridge, VA
571-989-5637

One Dish Cuisine Gluten-Free Cafe/Deli/Bakery

<http://www.onedishcuisine.com>
8001 Hillsborough Rd
Ellicott City, MD
443-759-6344

Out of the Bubble Bakery

<http://obubblebakery.com>
celebrate@obubblebakery.com
Springfield, VA

Pazzo Pomodoro

<http://www.pazzopomodoro.com>
mark@pazzopomodoro.com
19825 Belmont Chase Dr., Ashburn, VA
703-858-5555
118 Branch Rd SE, Vienna, VA 22180
703-281-7777

Plaka Grill

<http://www.plakagrill.com>
info@plakagrill.com
513 W Broad St, Falls Church, VA
703-639-0161
110 Lawyers Road NW, Vienna, VA
703-319-3131

Puree Artisan Juice Bar

<https://pureejuicebar.com>
amy@pureejuicebar.com

301-246-0509

Bethesda Row: 4903 Elm Street, Bethesda, MD
301-654-7873

Sibley Hospital: 5255 Loughboro Road NW,
Mint Health Club Dupont: 1724 California Street NW
202-470-5238

Mosaic District: 2905 District Avenue, Fairfax, VA
571-327-5217

The Red Bandana Bakery

<http://theredbandanabakery.com>
jaimie@theredbandanabakery.com
8218 Wisconsin Avenue, Bethesda, MD
240-505-7396

Restaurant Eve

<http://www.restauranteve.com>
110 South Pitt Street, Alexandria, VA
703-706-0450

Rise Gluten-Free Bakery

<http://www.riseglutenfree.com>
info@riseglutenfree.com
2409 18th St NW, Washington, DC
202-525-5204

Share Space DC at Mulebone

<http://www.sharespacedc.com>
info@mulebonedc.com
2121 14th St. NW, Washington, DC
202-332-9672

Silver Diner

<https://www.silverdiner.com>
Multiple locations in MD and VA

South Block Juice

<http://southblockjuice.com>
events@southblockjuice.com
DC locations in Georgetown, GWU/Foggy Bottom
and Union Market
Virginia locations in Clarendon, Del Ray/Alexandria
@ Ease Yoga & Cafe, East Falls Church and Vienna @
Jammin Java

Stomping Ground

<https://www.stompedelray.com>
manager@stompedelray.com
2309 Mt Vernon Ave, Alexandria, VA
703-567-6616

Sunflower Vegetarian Restaurant

<http://crystalsunflower.com>

info@crystalsunflower.com
6304 Leesburg Pike, Falls Church, VA
703-237-3888
2531 Chain Bridge Rd. Vienna, VA
703-319-3888

Sweet Leaf

<http://www.sweetleafcafe.com>
Virginia locations in Arlington, McLean, Reston,
Tysons & Vienna

Sweetgreen

<http://www.sweetgreen.com>
Multiple locations in DC, MD and VA

Sweetz Bakery

<https://www.sweetzbakery.com>
sweetzbakery@aol.com
1057 Edwards Ferry Road NE
Leesburg, VA, 20176
571-291-9241

Sunnyside Gourmet

<http://sunnysidegourmet.com>
tonyavirgan@gmail.com
15 Sunnyside Road, Silver Spring, MD
301-585-6484

True Food Kitchen

<http://mosaicdistrict.com/dine/true-food-kitchen>
mosaic@Edens.com
2905 District Avenue, Fairfax, Virginia
703-992-7832

Wild Harmony

<https://www.wildharmonyva.com>
wildharmonyva@gmail.com
43150 Broadlands Center Plaza, Ashburn, VA
703-723-0404

The Wine Kitchen

<http://www.thewinekitchen.com>
thewkfrederick@thewinekitchen.com
50 Carroll Creek Linear Park, Frederick, MD
301-663-6968

thewkleesburg@thewinekitchen.com
7 South King St. Leesburg, VA
703-777-9463

hthawkhearth@thewinekitchen.com
130 Purcellville Gateway Drive, Purcellville, VA
540-751-9919

Woodlands Vegan Bistro

woodlandsveganbistro.net
info@woodlandsveganbistro.com
2928 Georgia Ave NW, Washington DC
202-232-1700

Locally Produced Foods & Products

Ape-man foods

<http://apemanfoods.com>
vsgrissom@gmail.com
12035 Nebel Street, Rockville MD 20852
202-641-0450

Bakefully Yours

<http://www.bakefully.com>
311 Sunset Park Dr, Herndon, VA
540-229-6232

Blanchard's Coffee

<https://blanchardscoffee.com>
stephen@blanchardscoffee.com
1903 A Westwood Avenue, Richmond, VA
804-687-9443

Blue Ridge Bucha

<http://blueridgebucha.com>
kombucha@barefootbucha.com
Afton, VA

Boso Kitchen

<http://www.bosokitchen.com>
sales@bosokitchen.com
571-721-0552

Brainy Belly

<http://www.brainybelly.com>
customer.service@brainybelly.com
888-667-4994

Breaking Grains Gluten-Free Bakery

<http://www.breakinggrains.com>
breakinggrainsgf@gmail.com
508-259-1899

Caribé Juice

<http://www.caribejuice.com>
info@caribejuice.com
2653 Wild Turkey Ln, Alexandria, VA

Charm School Chocolate

<https://www.charmschoolchocolate.com>

Kathy@charmschoolchocolate.com
410-456-1954

Harper Macaw

<https://harpermacaw.com>
hello@harpermacaw.com
3160 Bladensburg Rd NE, Washington, DC

Java Cake

<http://www.java-cake.com>
fita_lucy@yahoo.com

Javazen

<https://www.drinkjavazen.com>
hello@drinkjavazen.com
4903 Elm Street, Bethesda, MD
2905 District Avenue, Fairfax, VA
703-819-0161

Legit Bread Company

<http://www.legitbreadcompany.com>
customerservice@legitbreadcompany.com

Livity Foods LLC

<http://www.livityfoods.com>
orders@livityfoods.com
613 B Lofstand Ln, Rockville, MD
240-994-2585

Mom Made Foods

<http://mommadefoods.com>
sales@mommadefoods.com
877-512-1800

Momme Meals

<http://mommemeals.com>
info@mommemeals.com
703-395-4893

MTO Kombucha

<http://mtokombucha.com>
orders@mtokombucha.com
540-364-2639

Little Wild Things Farm

<https://www.facebook.com/pg/littlewildthingsfarm>
chelsea@littlewildthingsfarm.com
615-516-6922

Power & Balance Fitness Seed-Nola & Nut-Nola

<http://powerandbalancefitness.com/home>
awol@powerandbalancefitness.com

Herndon, VA
703-304-3822

Prescription Chicken

<http://www.prescriptionchicken.com>
rxchix@gmail.com

River-Sea Chocolates

<https://www.riverseachocolates.com>
taste@riverseachocolates.com



*Craft chocolate from
small-scale sustainable growers*

Soom Foods

<http://soomfoods.com>
amy@soomfoods.com
Philadelphia, PA
301-512-9696

Sweet from Scratch Bakery

<https://www.facebook.com/sweetfromscratchbakery>
sweetfromscratchbakery@gmail.com

Sweeter from Seeds Bakery

<https://www.facebook.com/SweeterFromSeeds>
sweeterfromseeds@gmail.com
404-307-4659

The Sweet Farm

<http://thesweetfarm.com>
rachel@sweetfarmsauerkraut.com

Tasty 6 Juices

<https://tasty6.com>

Triple Oak Gluten-Free Bakery

<http://www.tripleoakbakery.com>
TripleOakBakery@gmail.com
11692A Lee Highway, Sperryville, VA
540-987-9122

Bees

Eco Honeybees

<http://ecohoneybees.com>
703-801-2281

Richland Bees

<http://www.richlandbees.com>
lynnaiellohewitt@gmail.com
PO Box 15, Catharpin, VA
703-994-1769

Lists of farmers' markets**Northern Virginia markets from Go Kid Trips**

<http://www.gokidtrips.com/our-blog/farmers-markets-in-northern-virginia-2015>

DC area markets from The Washington Post

<https://www.washingtonpost.com/graphics/food/dc-farmers-markets-interactive-map>

Guide to the best markets in DC from Curbed

<http://dc.curbed.com/maps/map-washington-dc-farmers-market>

Sustainable Farms**Avery's Branch Farms**

<http://averysbranchfarms.com>
averysbranchfarms@yahoo.com
16923 Genito Road, Amelia Court House, VA
757-651-6731

Babes in the Wood - Buffalo Creek Farm

<http://www.forestfed.com>
enquiries@forestfed.com
327 Rodeo Lane, Dillwyn, VA
434-938-9721

Briars Farmstead

<http://www.briarsfarmstead.com>
briarsfarmstead@gmail.com
2535 Pyletown Road, Boyce, VA
540-837-2554

Dragonfly Farms

<http://www.dffarms.com/Pages/default.aspx>
16259 Trainham Road, Beaverdam, VA
240-353-8408

Eco-Friendly Farms

<http://ecofriendly.com>
letsmeat@ecofriendly.com
3397 Stony Fork Road, Moneta, VA
540-297-9582

Fields of Athenry

<http://fieldsofathenryfarm.com>
elaine@fieldsofathenryfarm.com
7 W. Washington St., Middleburg, VA
703-300-5765

Golden Valley Guernseys

<http://goldenvalleymguernseys.com>
mick.agister@gmail.com
540-937-3531

J & L Green Farm

<http://jlgreenfarm.com>
orders@jlgreenfarm.com
4010 Swover Creek Rd, Edinburg, VA
540-333-1867

Eco-Friendly Farms

<http://ecofriendly.com>
letsmeat@ecofriendly.com
3397 Stony Fork Road, Moneta, VA
540-297-9582

Little Wild Things Farm

<https://www.littlewildthingsfarm.com>
info@littlewildthingsfarm.com
1648 N. Capitol St. NW, Washington, DC (Indoor)
2131 Lincoln Rd. NE, Washington DC (Outdoor)
313-784-0498

P.A. Bowen Farmstead

<http://pabowenfarmstead.com>
15701 Doctor Bowen Road, Brandywine, MD
301-579-2727

Polyface, Inc.

<http://www.polyfaceyum.com>
43 Pure Meadows Lane, Swoope, VA
farmchick@polyfaceyum.com
540-885-3590

Savory Farm at Mary's Land Farm

<https://mary.farm>
info@mary.farm
4979 Sheppard Lane, Ellicott City, MD
410-849-4314

Smith Meadows Free-Range Meats

<http://www.smithmeadows.com>
info@smithfieldfarm.com
568 Smithfield Lane, Berryville, VA
877-955-4389

Touchstone Farm

<http://touchstonefarm.org>
info@touchstonefarm.org
 140 Touchstone Lane, Amisville, VA
 540-937-6124

Whiffletree Farm

<http://www.whiffletreefarmva.com>
jessestraight@gmail.com
 8717 Springs Road, Warrenton, VA
 540-229-5192

Willowsford Farm

<http://www.willowsford.com/farm>
info@willowsfordfarm.com
 23595 Founders Drive, Ashburn, VA
 571-297-6900

See also these blog posts about local farmers

- Trading cards about Loudoun farmers
- Profile of Whiffletree Farm owner and father of five Jesse Straight
- Interview with *Gaining Ground* author and Smith Meadows owner Forrest Pritchard

Community Supported Agriculture (CSA) Opportunities

DC CSA**Cultivate the City**

<http://www.cultivatethecity.com>
info@cultivatethecity.com
 516-410-2257

CSA Farms in Virginia**Bull Run Mountain Organic Farm CSA**

<http://www.bullrunfarm.com>
farm@bullrunfarm.com
 4360 High Point Lane, The Plains, VA
 703-754-4005

Chicama Run, LLC

<http://chicamarun.com>
 Purcellville, VA
 540-668-9828

The Farm at Sunnyside

<http://www.thefarmatsunnyside.com>
Michael@thefarmatsunnyside.com
 27 Sweetwater Lane, Washington, VA
 540-675 9946

Fredericksburg Area CSA Project

<http://www.fredericksburgcsa.com>
info@fredericksburgcsa.com
 Fredericksburg, VA
 540-373-5910

Lei-Kei Farm LLC

<http://www.lei-keifarm.com>
matt@lei-keifarm.com
 231 Grandview Lane, Clear Brook, VA
 540-539 1124

Moutoux Orchard

<http://www.moutouxorchard.com>
moutouxorchard@yahoo.com
 15290 Purcellville Road, Purcellville, VA

Owl's Nest Farm

<http://www.owls-nest-farm.com>
farmers@owls-nest-farm.com
 Upper Marlboro, MD

Pocket Farms

<https://www.pocketfarmsva.com>
info@pocketfarmsva.com

Potomac Vegetable Farms

<http://www.potomacvegetablefarms.com>
 9627 Leesburg Pike, Vienna, VA
 703-759 2119

South Mountain Veggies

<http://smveggies.deliverybizpro.com/home.php>
info@hometownharvest.com
 301-798-2616

Tree and Leaf CSA

<http://treeandleaffarm.com>
 Waterford, VA
 540-854-7010

Virginia Green Grocer

<http://www.viriniagreengrocer.com>
store@viriniagreengrocer.com
 9317 Green Meadows, Warrenton, VA 20187
 571-722-5086

Waterpenny Farm

<http://www.waterpennyfarm.com>
waterpenny@verizon.net
 53 Waterpenny Lane, Sperryville, VA
 540-987-8567

**CSA Farms in DC, Maryland, Pennsylvania and
West Virginia**

Avianmead Organics

<http://marylandsbest.net/producer/avianmead-organics>
301-924-2960

Breezy Willow Farm

<http://www.breezywillowfarm.com>
P.O. Box 134, West Friendship, MD
410-442-1807

Calvert Farm

<http://www.calvertfarm.com>
farmer@calvertfarm.com
Rising Sun, MD
410-658-3914

Clagett Farm

<http://www.clagettfarm.org>
Clagettfarm@cbf.org
Upper Marlboro
301-627-4662

Dragonfly Farms

<http://www.dffarms.com/Pages/default.aspx>
1-240-353-8408

Ecosystem Farm at the Accokeek Foundation

<http://accokeekfoundation.org/tag/ecosystem-farm>
info@accokeek.org
3400 Bryan Point Road, Accokeek, MD
301-283-2113

Evensong Farm

<http://www.evensong-farm.com>
Info@Evensong-Farm.com
Sharpsburg, MD
301-491-2224

Farmstead of Charlotte Hall

<http://www.farmsteadgardens.com>
farmstead88@gmail.com
Charlotte Hall, MD

Fresh and Local CSA

<http://freshandlocalcsa.com>
info@freshandlocalcsa.com
304-876-3382

Good Fortune Farm

Brandywine, MD
301-579-2105

Gorman Farm

<http://www.gormanproducefarm.com>
301-957-6884

Groundworks Farm

<http://www.groundworksfarm.com>
info@groundworksfarm.com
8284 Gumboro Rd, Pittsville MD
443-220-2338

Homestead Farm

<http://www.homestead-farm.net>
HomesteadFarmEmail@gmail.com
Millington, MD
301-977-3761

House in the Woods CSA

<http://www.houseinthewoods.com>
Adamstown, MD
301-607-4048

Ivy Brand

<http://www.ivybrand.com>
Ivybrand@gmail.com
Edgewater, MD
410-507-8662

Jasmine Farm LLC

<http://jasminefarm.tripod.com>
JasmineFarm@netscape.net
Glenwood, MD
410-489-2522

Karl's Farm

<http://www.karls-farm.com>
Pisgah, MD
301-743-7941

Lancaster Farms

<http://www.lancasterfarmfresh.com>
717-656-3533

MD Sunrise Farm, LLC

<http://www.mdsunrisefarm.com>
410-778-2372

Nick's Organic Farm

<http://www.nicksorganicfarm.com>
nicksorganicfarm@comcast.net
301-983-2167

Norman's Farm Market

<http://www.normansfarmmarket.com>

info@normansfarmmarket.com
301-674-9929

One Acre Farm

<http://www.oneacrefarm.com>
301-503-3724

One Straw Farm

<http://www.onestrawfarm.com>
410-343-1828

Orchard Country Produce Farm

<http://orchardcountryproduce.com>
717-486-4653

Pheasant Hill Farm CSA

Mount Airy, MD
410-215-7173

Red Wiggler Community Farm

<https://redwiggler.org>
info@redwiggler.org
Germantown, MD 20876
301-916-2216

Second Spring Farm

<http://www.secondspringcsa.com>
csa@secondspringcsa.com
Purcellville, VA 20132
703-915-2173

Spiral Path Farm

<http://www.spiralpathfarm.com>
csa@spiralpathfarm.com
717-789-4433

Summer Creek Farm

<http://www.summercreekfarm.com>
Farmer@summercreekfarm.com
Thurmont, MD
301-271-9399

The Lamb's Quarter

<http://thelambsquarter.com>
thelambsquarter@comcast.net
410-257-4399

The Zahradka Farm at Brown's Cove

410-686-0808

Tikvat Israel CSA

<http://tikvatisrael.org/community-supported-agriculture-csa/#.WD-HVPkrKM8>
office@tikvatisrael.org
Rockville, MD
301-762-7338

Local Food Networking Resources

FarmMatch

<https://www.farmmatch.com>

Sustainable NoVA

<http://sustainablenova.com>
local food & green resources in NoVA

Greenease

<http://greenease.co>
info@greenease.co

Edible DC magazine

<http://edibledc.com>

Natural Medicine

Places to Go for Healing: People to See & Work With

Wellness Centers

These are offices that offer several different healing modalities, usually with more than one practitioner

Advanced Health Center

<http://advhealthctr.com>
admin@advhealthctr.com
46 South Glebe Road Suite 100, Arlington VA
703-521-0644

Aloe Wellness

<http://www.aloewellnessdc.com>
contact@aloewellnessdc.com
5840 MacArthur Blvd NW, Washington, DC
202.966.ALOE (2563)

Asclepeion Center for Body Mind Healing

<http://asclepeion.com>
rsmtpt@asclepeion.com
240-492-8434

Beyond Wellness

<http://mybwdoc.com>
myBWdoc@gmail.com
44330 Premier Plaza, Ashburn VA
703-723-9355

Blue Skies Wellness

<http://ekakapiotis.com>
info@blueskieswellness.com
 Front Royal, VA
 540-635-7244

Blue Sky Health and Wellness

<http://blueskyhealthandwellness.com>
blueskyhealthandwellness@gmail.com
 2944 Hunter Mill Road, Suite 104, Oakton, VA
 703-975-9144

**Body in Balance Center**

<http://bodyinbalancecenter.com>
info@bodyinbalancecenter.com
 1423 Powhatan Street Suite 7, Alexandria, VA
 703-836-3678

Burke Wellness Center

<http://www.burkewellnesscenter.com>
info@burkewellnesscenter.com
 5276 Lyngate Court, Burke, VA 22015
 703-323-1563

Healing Arts of Capitol Hill

<http://www.healingartscapitolhill.com>
mrieger@healingartscapitolhill.com (Acupuncture)
rakeister@healingartscapitolhill.com (Massage)
 316 F Street NE, Washington, DC
 202-544-9389

The Cardinal Center for Healing

<http://cardinalcenterforhealing.com>
cardinalcenter@aol.com
 3919 Old Lee Hwy, Fairfax VA
 703-352-8535

**Casey Health Institute**

<http://facebook.com/CaseyHealthInstitute>
info@caseyhealth.org
 800 South Frederick Avenue, Gaithersburg, MD
 301-664-6464

Center for Health and Wellness

<http://marylandhealthandwellness.com>
dondiggs@verizon.net
 8218 Wisconsin Avenue, Suite 304, Bethesda, MD
 301-654-9369

A Center for Wellness

<http://www.mollyhimes-wellness.com>
 11203A Lockwood Drive, Silver Spring, MD
acumol@aol.com
 301-593-2400

Crossings Healing & Wellness

frontdesk@crossingshealing.com
<http://crossingshealing.com>
 8720 Georgia Avenue, Silver Spring, MD
 301-565-4924

District Center for Integrative Medicine

<http://www.medicinetothrive.com>
dr.anneberkeley@gmail.com
 1915 I Street NW, Washington, DC
 202-798-0221

Five Stones Healing Arts & Wellness Center

<https://fivestoneswellness.com>
 116-Q Edwards Ferry Rd NE, Leesburg, VA
 703-669-6118

Gainesville Holistic Health Center

<http://drstephane.com>
ghhcenter@hotmail.com
 8006 Crescent Park Drive, Gainesville, VA
 571-248-0695

Green Healing Wellness

<https://www.greenhealingnow.com>
 1330 New Hampshire Ave, Washington, DC
 202-670-2173
greenhealinginc@gmail.com

GW Center for Integrative Medicine

<http://GWCIM.com>
info@gwcim.com
 908 New Hampshire Ave Suite 200, Washington DC
 202-833-5055

Hambrock Holistic Healing Center

<http://hambrockholisticcenter.com>
hambrockholistic@gmail.com
 297 Herndon Pkwy., #105, Herndon, VA
 571-331-9208

Health Builders

<http://myhealthbuilders.net>
info@myhealthbuilders.net
 7540-H Little River Turnpike, Annandale, VA
 703-256-2600

The Health Improvement Center

<http://thehealthimprovementcenter.com>
info@thehealthimprovementcenter.com
 243 Church Street NW, N. Vienna, VA
 703-242-7474

Heavenly Bodies Clinic

<http://heavenlybodiesclinic.com>
katheana@heavenlybodiesclinic.com
 1305 N Evergreen St, Arlington, VA
 703-528-8272



HEAVENLY BODIES
CLINIC

Holistic Touch Center

<http://holistictouchcenter.com>
info@holistictouchcenter.com
 309 S. Washington St. Alexandria, VA
 703-299-0500

Inca Energy Integrative Health & Wellness Center

<https://www.energytherapyceuworkshops.com>
info@energytherapyceuworkshops.com
 10440 Shaker Drive, Columbia, MD
 202-374-8322

Indigo Integrative Health Clinic

<http://indigohealthclinic.com>
drsharkar@indigohealthclinic.com
 1010 Wisconsin Ave., NW, Washington DC
 202-298-9131

Inova Steinmetz Integrative and Functional Medicine Center

<http://www.caringdoc.com>
info@caringdoc.com
 1225 Martha Custis Drive, Alexandria, VA
 703-671-2700

The Institute of Multidimensional Medicine

<http://timmspa.com>
mlinford@timmed.com
 2311 M St NW, Washington D.C
 202-429-3783

iSynchrony Clinic

<http://isynchrony.com>
info@isynchrony.com
 2952H Chain Bridge Road, Oakton, VA
 703-865-7224

Kaplan Center for Integrative Medicine

<https://kaplanclinic.com>
kaplan@kaplanclinic.com
 6829 Elm St, McLean, Virginia
 703-532-4892

Life Wellness Center

<http://lifewellnesscentre.com>
lwc@lifewellnesscentre.com
 13455 Sunrise Valley Drive, Suite 300, Herndon, VA
 571-643-0255

Ohana Wellness

<https://ohanawellnessbethesda.com>
ohanawellnessbethesda@gmail.com
 4815 St Elmo Ave, Bethesda, MD
 301-215-6388

National Integrated Health Associates

<http://nihadc.com>
 5225 Wisconsin Avenue NW, Washington DC
 202-237-7000

Natural Health and Healing Center

<http://thenaturalhealthandhealingcenter.com>
betterhealth@drjnelson.com
 10875 Main St. #109, Fairfax, VA
 703-319-1100

**Nava Health and Vitality Center**

<http://navacenter.com>
bmetz@navacenter.com
 5 Wisconsin Circle, Chevy Chase, MD
 1-800-762-NAVA (6282)

Neck, Back & Beyond Wellness Center

<http://neckbackandbeyond.com>
office@neckbackandbeyond.com
 10560 Main Street, Suite PH-1, Fairfax, VA
 703-865-5690



neck back & beyond

Pekoe Acupuncture and Wellness Center

<https://pekoedc.net>
info@pekoedc.net
1410 9th Street NW, Washington DC
202-408-4858

Q.P. Wellness

<http://www.qpwellness.com>
info@qpwellness.com
571-277-7527

Restorative Health

<http://restorativehealth.org>
info@restorativehealth.org
4801 Wisconsin Ave NW, Washington DC
202-244-6661

Rising Phoenix Holistic Center

<http://www.risingphoenixhc.com>
info@risingphoenixhc.com
9028 D Prince William Street, Manassas, VA
703-392-9200

Rose Wellness Center for Integrative Wellness

<http://rosewellness.com>
2944 Hunter Mill Road, Suite 101, Oakton VA
571-529-6699

Sign of Jonah Partnerships in Healing

<http://sojpartners.org>
Josephine Butler Parks Center
2437 15th Street NW, Washington DC
202-670-3168

TAVO Total Health

<http://tavototalhealth.com>
info@tavototalhealth.com
407 Leighton Ave, Silver Spring, MD
301-652-2522

Third Space Wellness

<http://thirdspacewellness.com>
info@thirdspacewellness.com
8001 Kennett Street, Silver Spring, MD
301-328-5326

TranZitionMe

<http://www.tranzitionme.com>
info@tranzitionme.com
2815 Duke St, Alexandria, VA 22314
703-212-5802

Vienna Complementary Medicine

<http://www.vcmedicine.com>

realshep@aol.com
380 Maple Avenue, Vienna VA
703-242-2708

The Virginia Center for Health and Wellness

<https://www.vc4hw.com>
integrativemedicineclinic@gmail.com
39070 John Mosby Hwy, Aldie, VA
703-327-2434

Vitality Chiropractic and Medical Wellness

<http://www.rockvillevitality.com>
6101 Executive Blvd, Suite 280, Rockville, MD
(301) 328-1688

The Viva Center

<http://vivapartnership.com>
info@vivapartnership.com
1555 Connecticut Avenue NW, Washington DC
202-265-1000

The Well

<http://www.bewelldc.com>
3220 17th Street, NW Washington, DC
202-436-1279

Wisdom Path Healing Center

<http://wisdompath.net>
doc.amen@verizon.net
7120 Carrol Avenue, Takoma Park, MD
301-891-2488

Your Life Energy Holistic Wellness Center

<http://YourLifeEnergy.com>
311 N. Washington St. Alexandria VA
571-319-0093

Bodywork**Massage**

Many of the wellness centers listed above offer
massage therapy services

Body and Soul Healing Arts

<http://www.bodyandsoulhealingarts.com>
9305 Ewing Drive, Bethesda, MD

Ch'i Bodywork

<http://www.chi-bodywork.com>
457 Carlisle Drive, Suite 205, Herndon, VA 20170
703.589.0910
jennr@chi-bodywork.com
703-589-0910

Elements Massage

<http://elementsmassage.com>
122 Maple Ave West, Vienna, VA
703-865-7676

The Healing Tree

<http://healingtr.com>
therapy@healingtr.com
2101 Mount Vernon Ave, Alexandria, VA
703-706-9500

Holistic Reflexology

<http://reflexologyandbeyond.com>
Feetforhealth@gmail.com
243 Church St NW Suite 100A, Vienna, VA
703-849-8422

Namaste Spirit

<https://www.namaste-spirit.com>
info@namaste-spirit.com
311 Maple Avenue W., Vienna, VA
703-489-1679

Potomac Massage Therapy Institute

<https://www.pmti.org>
info@pmti.org
8380 Colesville Road, Silver Spring, MD
202-686-7046

The Teal Center

<http://tealcenter.com>
feelbetter@tealcenter.com
4001 North Ninth Street, Arlington, VA
703-522-7637

THE TEAL CENTER
For Therapeutic Bodywork, Ltd.

Chiropractic

Some wellness centers offer chiropractic

Advantage Rehabilitation and Wellness Center

<http://caringchiropractor.com>
1145 19th Street NW, Suite 501, Washington DC
202-835-2225

Alexandria Wellness Center

<http://alexwellchiro.com>
DrBen@alexwellchiro.com
5901 Kingstowne Village Pkwy, Alexandria, VA
703-347-7530

Back to Health Center

<http://www.justadjustit.com>
900 Prince St, Alexandria, VA
703-683-7771

Beyond Wellness

<http://mybwdoc.com>
myBWdoc@gmail.com
44330 Premier Plaza, Ashburn, VA
703-723-9355

Bullock Chiropractic

<http://www.bullockchiropractic.com>
babychiro@bullockchiropractic.com
4200 Technology Ct, Chantilly, VA
571-528-9797

Chiro Group

<http://chirogroup.net>
DrAndrino@ChiroGroup.net
4910B 31st Street South, Arlington, VA
703-933-8686

**The Chiropractic Associates**

<http://www.chiroassoc>
chiroassoc1240@gmail.com
1240 N Pitt St., Alexandria, VA
703-739-0456

Chrysalis Chiropractic

<http://chrysalischiropractic.com>
drcapps@chrysalischiropractic.com
3140 Commonwealth Ave., Alexandria, VA
703-535-7881

Cornerstone Chiropractic

<http://www.drjuliawray.com>
drjuliawray@gmail.com
301 South Columbus Street, Alexandria, VA
703-836-BACK

Dr. Cynthia Durakis

<http://healingtr.com>
Drcindydurakis@gmail.com
2101 Mount Vernon Ave, Alexandria VA
703-963-0870

Family Chiropractic of Fairfax: A Creating Wellness Center

<http://www.familychiropracticoffairfax.com>
docprzy@gmail.com
10831 Main St, Fairfax, VA
703-273-7733

Gainesville Holistic Health Center

<http://drstephane.com>
ghhcenter@hotmail.com
8006 Crescent Park Drive, Gainesville, VA
571-248-0695

Health Builders

<http://myhealthbuilders.net>
info@myhealthbuilders.net
7540-H Little River Turnpike, Annandale, VA
703-256-2600

Herndon Chiropractic & Acupuncture Care

<http://herndoncare.com>
info@herndoncare.com
102 Elden Street, Suite 13, Herndon, VA
703-481-9000

Integrative Chiropractic & Natural Medicine

<https://myholisticdocs.com>
5610 Lee Highway, Arlington, VA
703-237-5999

Kadin Family Chiropractic & Wellness Center

<http://kadinfamilychiro.com>
frontdesk@kadinfamilychiro.com
6212 Montrose Rd, Rockville MD
240-430-1004

**Life Wellness Center**

<http://lifewellnesscentre.com>
lwc@lifewellnesscentre.com
13455 Sunrise Valley Drive, Suite 300, Herndon, VA
571-643-0255

Maimonides Chiropractic

<http://maimonideschiropractic.com>
dr.ERICA@maimonideschiropractic.com
10807 Main Street, Suite 800, Fairfax, VA
703-383-1630

Noya Chiropractic

<http://www.noyachiropractic.com>
dranthony@noyachiropractic.com
4708 Wisconsin Ave, Washington, DC
202-839-3842

Perron Chiropractic

<http://restonchiropractor.com>
info@perronchiro.com
11715 Bowman Green Dr, Reston, VA
703-689-2300

Quality Chiropractic

<http://qualitychirova.com>
info@qualitychirova.com
6231 Leesburg Pike, Falls Church, VA
703-237-0404
102 Elden St., Herndon, VA
703-581-8999

Dr. Venus Seleme

<http://drseleme.com>
3605 Chain Bridge Road, Fairfax, VA
703-273-0573

Taschler Spine & Rehab

<http://fairfaxchiropractor.com>
info@taschlertspineandrehab.com
10301 Democracy Lane, Fairfax, VA
703-293-2939

Dr. Allan Tomson

Neck Back & Beyond
<http://neckbackandbeyond.com>
10560 Main Street, Fairfax, VA
703-865-5690

**Windsor Wellness**

<https://www.windsorwellness.com>
dr.melissawindsor@gmail.com
11707 Bowman Green Drive, Reston, VA
703-349-6831

Craniosacral Therapy**Bobbi Wade**

<http://www.iahp.com/bobbiwade>
bobbi@pobox.com
503 W Windsor Ave, Alexandria, VA
703-836-2648

Liz Brinson

<http://lizbrinson.com>

cst@lizbrinson.com

243 Church St NW, Vienna, VA

4815 St. Elmo Ave, Bethesda, MD

301-562-9899

Falling Leaf Wellness, PLLC

<http://fallingleafwellness.net>

manisha@fallingleafwellness.net

2000 P St, NW, Washington DC

202-525-6072

**Hambrock Holistic Healing Center**

<http://hambrockholisticcenter.com>

hambrockholistic@gmail.com

297 Herndon Pkwy., Herndon, VA

571-331-9208

Heavenly Bodies Clinic

<http://heavenlybodiesclinic.com>

katheana@heavenlybodiesclinic.com

1305 N Evergreen St, Arlington, VA

703-528-8272

**Healing from the Core**

<http://healingfromthecore.com>

office@healingfromthecore.com

11110 Sunset Hills Rd., Reston, Virginia 20195

703-620-4509

TAVO Total Health

<http://www.tavototalhealth.com>

info@tavototalhealth.com

407 Leighton Ave, Silver Spring MD

301-652-2522

The Teal Center

Nan Heath and Nishanka Lahr

<http://tealcenter.com>

feelbetter@tealcenter.com

Randolph Towers:

4001 North Ninth Street, Suite 230, Arlington VA

703-522-7637

Virginia Hospital Center:

1701 North George Mason Drive

Arlington, VA

703-558-5454

THE TEAL CENTER
For Therapeutic Bodywork, Ltd.

Your Blissful Journey

<http://yourblissfuljourney.com>

sally@yourblissfuljourney.com

Alexandria VA

703-220-9882

**Osteopathy****Falls Church Osteopathic Medicine**

Dr. Gregory Craddock

<http://www.fallschurchdoc.com>

info@FallsChurchDoc.Com

313 Park Avenue, Falls Church, VA

703-241-1033

Osteopathy for Health

Dr. Michael Porvaznik

<http://www.osteopathyforhealth.net>

4910 A 31st Street South, Arlington VA

703-931-7173

Dr. Poorvi Shah

<http://drpoorvishah.com>

docpoorvi@yahoo.com

4141 N. Henderson Road, Arlington VA

703-473-9698

Dr. Christina Steele

<http://crossingshealing.com/about-us/our-practitioners/dr-christina-steele>

csteele@crossingshealing.com

8720 Georgia Avenue, Silver Spring, MD

301-565-4924

Physical Therapy

Back in Motion Physical Therapy

<http://backinmotionpt.com>

lorton@backinmotionpt.com
9447-B Lorton Market St., Lorton, VA
703-372-5716

alexandria@backinmotionpt.com
5695 King Centre Drive, Alexandria, VA
703-924-2650

Bodies in Motion

<http://bodiesinmotionpt.com>

fallschurch@bodiesinmotionpt.com
80 E. Jefferson Street, Falls Church, VA
703-237-2000

Body Connect Health & Wellness

<http://www.bodyconnecthw.com>

admin@bodyconnecthw.com
2440 M St, NW, Washington DC
202-733-1929



Core Elements Physical Therapy

<http://www.coreelementsphysicaltherapy.com>

core.elements.rachel@gmail.com
4900 31st St S, Arlington, VA
703-509-2699

Core Wellness & Physical Therapy

<http://alexandriaphysicaltherapist.com>

2212 Mount Vernon Avenue, Alexandria, VA
571-403-CORE (2673)

Hand N Hand Therapy

<https://www.handnhandtherapy.com>

pam@handnhandtherapy.com
4850 31st Street S., Arlington, VA
703-527-8446

Gabrielle Czaja, PT

<http://dchealthandhealing.com>

gabrielle@dchealthandhealing.com
2141 K Street NW, Washington DC
202-223-4943

Gabrielle Czaja, PT

PHYSICAL THERAPY • ALEXANDER TECHNIQUE

ITR Physical Therapy

<http://itrphysicaltherapy.com>

jen.chu@itrphysicaltherapy.com
4905 Del Ray Ave Suite 301 Bethesda, MD
1447 Dolley Madison Blvd., McLean, VA
301-770-7060

Kelley PT

<http://kelleypt.com>

Louise@KelleyPT.com
3200 Tower Oaks Blvd, Rockville MD 20852
240-401-0429

Kinections Physical Therapy & Fitness

<http://www.kinectionspt.com>

info@KinectionsPT.com
Arlington and Alexandria, VA
571-332-9001

Restore Physical Therapy & Wellness

<http://www.restoreptwellness.com>

info@restoreptwellness.com
44927 George Washington Blvd, Ashburn, VA
571-291-9936

Rita Naomi

<http://ritanaomi.com>

info@ritanaomi.com

Stynchula Wellness and Sports Rehab Center

<http://www.fairfaxbackpain.com>

8704 Lee Hwy, Ste 203 Fairfax VA
703-204-1220

Acupuncture & Traditional Chinese Medicine

Acupuncture Alexandria

<http://www.acupuncturealexandria.com>

info@acupuncturealexandria.com

703-217-7124

Acupuncture Alexandria LLC



Sarah Shupe Hung L.Ac.
Acupuncture and Traditional
Chinese Medicine

Acupuncture in Del Ray

<http://acupunctureindelray.com>
Lisa@AcupunctureInDelRay
3140 Commonwealth Ave, Alexandria VA
703-472-9103

Bula Wellness

<http://www.bulawellness.com>
jodi@bulawellness.com
301 S. Columbus St., Alexandria, VA
571-419-2637

Capitol Hill Acupuncture

<http://www.capitolhillacupuncture.com>
capitolhillacupuncture@verizon.net
9-B 8th Street, S.E, Washington, DC
202-543-1911

Gynecology and Wellness Center

<http://gynwellnesscenter.com>
1800 Town Center Drive, Reston, VA
3301 Woodburn Road, Annandale, VA
703-448-6070

Heal from Within

<http://Heal-from-Within.com>
LisaEaves@Heal-from-Within.com
4545 42nd Street NW, Suite 301, Washington DC
202-244-2289

Jade & Jasmine Healing Arts, LLC

<http://bethburkefarrar.com>
bethburke@gmail.com
3140 N Washington Blvd, Suite 207, Arlington, VA
8555 16th Street, Suite 402, Silver Spring, MD
703-574-4466
240-988-1080

Khalsa Integrative Medicine

<http://www.khalsamedicine.com>
DSK@KhalsaMedicine.com
11731 Bowman Green Drive, Reston, VA
703-326-0817

Seasons in Our Life

<https://seasonsinourlife.com>
CarlosDurana@seasonsinourlife.com
Locations in Bethesda, Reston, and Washington DC

Water's Way: Classical Chinese Medicine

<http://watersway.net>
eliza.rowley.lac@gmail.com
4001 North Ninth Street, Suite 230 Arlington VA
805-452-3193

**Energy Work, Intuitive Healing,
Neurofeedback, Reiki & Hypnotherapy****Bamboo and Bubbles**

<https://www.bambooandbubbles.com>
shanda@bambooandbubbles.com
571-250-7711

Creating Conscious Contact

<http://creatingconsciouscontact.com>
groovylopus@gmail.com
35246 Harry Byrd Highway, Round Hill, VA
571-577-4509

Healing Hearts Ashburn

<https://www.healingheartsshburn.com>
hhwreiki@yahoo.com
21750 Red Rum Drive, Ashburn, VA
703-651-6864

Holistic Intuition – Elizabeth Shoop

<http://www.holistic-intuitive.com>
elizabeth.shoop@gmail.com
540-635-2088

Jenergy Balance

<http://jenergybalance.com>
jennifer@jenergybalance.com
2002 Mt. Vernon Ave, Alexandria, VA
703-338-3595

Lifeworks Consulting, LLC

Tamera Siminow, MA
<http://www.novalifeworks.com>
TSiminow@novalifeworks.com
380 Maple Avenue West, Vienna, VA
703-728-6087

Lifeworks Consulting
LLC

NoVA Hypnosis and Wellness

<https://novahypnosisandwellness.com>
info@novahypnosisandwellness.com
1485 Chain Bridge Road, McLean, VA
746 Walker Rd, Great Falls, VA
571-295-7371

Optimystic Living

<http://OptimysticLiving.com>
703-626-8328

Power Essentials

power.catlin@gmail.com
703-927-1058

PS Reiki

https://www.psreiki.com
pratima.reiki@gmail.com
44927 George Washington Blvd., Ashburn, VA

Quantum Clearing with Lyriel Claire

<http://www.lyrielclaire.com>
quantum@lyrielclaire.com

Quantum Living Solutions

<http://sonja.bemergroup.com>
sonja.reichert@bemermail.com
15129 Stepping Stone Dr., Haymarket, VA
703-472-7174

Stargazing Angel

<http://stargazingangel.com>
contactstargazingangel@gmail.com
571-276-3122

Stephanie Kraft

<http://www.stephaniekraft.com>
stephaniekraft444@gmail.com
The Healing Arts Center, 5282 Lyngate Ct, Burke, VA
202-250-1051

Sunflowers Healing & Wellness

<http://sunflowerswellness.com>
info@sunflowerswellness.com
2016 Mt Vernon Ave, Alexandria, VA
703-489-0754

**Veritas Wellness**

<http://veritaswellnessva.com>
Sarah@VeritasWellnessCenter.com
10560 Main St., Fairfax, VA
116 Creekside Lane, Winchester, VA
540-235-6440

**Ayurveda****Apurva Ayurvedic Healing**

<http://ayurvedichealingva.com>
info@apurvawellness.com
243 Church Street NW, Vienna VA
703-667-0465
Relocating March 2018 to Beloved Yoga in Reston

**Center for Health and Wellness**

<http://marylandhealthandwellness.com>
dondiggs@verizon.net
8218 Wisconsin Avenue, Suite 304, Bethesda MD
301-654-9369

Michelle Fondin Wellness

<http://www.fondinwellness.com>
443 Carlisle Dr, Herndon, VA 20170
571-265-4559

Ranjana Chawla Ayurveda & Yoga

<http://www.theayur.com>
ranjana@theayur.com
Great Falls, VA
571-429-2716

Homeopathy**Homeopathy for Health - Andrea Kraft**

<http://www.krafthomeopathy.com>
askraft@gmail.com
Fairfax, VA
703-425-1264

Thrive Naturopathic

Dr. Christopher Johnson, ND
<http://www.thrivenaturopathic.com>
6013 Tower Court, Alexandria, VA
703-537-5005

David G. Wember, MD, DHT

26 Guy Court, Rockville, MD
drwember@drwember.com
301-424-4048

**Allergy Elimination, Total Body
Modification, N.A.E.T. and Allergy
Specialists**

Marilyn Adams - Capitol Hill Acupuncture

<http://www.capitolhillacupuncture.com>
capitolhillacupuncture@verizon.net
9-B 8th Street, S.E, Washington, DC
202-543-1911

A Center for Wellness

<http://www.mollyhimes-wellness.com>
11203A Lockwood Drive, Silver Spring, MD
acumol@aol.com
301-593-2400

Dr. Autumn Frandsen

At National Integrated Health Associates
<http://www.nihadc.com/practitioners/dr-autumn-frandsen-n-d.html>
5225 Wisconsin Ave. NW Washington, DC
202-237-7000

At Velise Total Health

<http://www.velisetotalhealth.com>
176 Thomas Johnson Drive, Frederick, MD
301-378-9863

Highest Health - Margie Hasley

<http://highest-health.com>
Springfield and Woodbridge
703-680-2061

Dr. Venus Seleme

<http://drseleme.com>
3605 Chain Bridge Road, Fairfax, VA
703-273-0573

**General Practitioners
& Naturopathic Doctors**

Dr. Anne Berkeley ND, PLLC Medicine to Thrive

<http://www.medicinetothrive.com>

dr.anneberkeley@gmail.com

District Center for Integrative Medicine
1915 I Street NW, Suite 700, Washington, DC
202-798-0221

Dr.

Berkeley
MEDICINE TO THRIVE

Dr. Margaret Gennaro, M.D.

<http://drmgennaro.com>
drmgennaro@yahoo.com
10560 Main Street, Fairfax, VA
703-865-5692

Holistic Health at Home

<http://Holistichealthathome.com>
Drtjones@holistichealthathome.com
703-348-5300

**Dr. Kai Parker (Naturopathic Medicine &
Midwifery)**

<http://dcmidwife.com>
DrParker@timmed.com

Keri Marshall MS, ND

<https://drkerimarshall.com>
mackaynd@hotmail.com
5415 W. Cedar Ln. Bethesda, MD

Health, Wellness & Nutrition Coaches

Abundant Wellness Coaching

<http://abundantwellnesscoaching.com>
laura@abundantwellnesscoaching.com

Ask Babette

info@askbabette.com
703-862-4612

Awaken Health Fitness

<http://awakenhealthfitness.com>
ronnie@awakenhealthfitness.com
703-980-5260

Balance & Power, Inc.

<http://balanceandpower.com>
eileen.balanceandpower@gmail.com
516-623-4353

The Balanced Kitchen

<http://www.balancedkitchen.com>
jessica@balancedkitchen.com

Carpe Diem Wellness

<http://carpediemwellness.org>
ljackson@carpediemwellness.org
11500 Great Falls Way, Great Falls VA
703-421-7125



Christine Lellis Coaching

<http://www.christinelellis.com>
christine@christinelellis.com

CHT Wellness

<http://chtwellness.com>
cynthia@chtwellness.com
703-867-8322

Joda Coolidge

<http://jodacoolidge.com>
joda@jodacoolidge.com
703-828-7664

Family Nutrition

<http://www.familynutritionwithjen.com>
jennifer.e.mclaughlin@gmail.com
571-235-1229

Four Directions Wellness

<http://www.fourdirectionswellness.com>
info@fourdirectionswellness.com
2001 Mount Vernon Avenue, Alexandria, VA
703-776-0102

Happy Healthy Human

<http://behappyhealthyhuman.com>
sam@samanthaattard.com
703-348-5300

Harris Whole Health

<http://www.harriswholehealth.com>
rd@harriswholehealth.com
571-271-8742

Holistic Health at Home

<http://www.holistichealthathome.com>
Drtjones@holistichealthathome.com

I Love Iodine

<https://www.iloveiodine.com>
iloveiodine@gmail.com

Integrative Health Strategies

<http://www.integrativehealthstrategies.com>
info@integrativehealthstrategies.com
703-973-5578

Pam Jan

<http://www.bhealtheforlife.com>
pam@bhealtheforlife.com
301-707-2091

JKLWELL Health Coaching

<http://www.jklwell-healthcoaching.com>
jklwell@verizon.net
703-297-2627

JKLWELL HEALTH COACHING

**Keynotes to Life – Deanna Won**

<http://deannawon.com>
info@deannawon.com
1-800-586-0145

**Luminous & Grounded**

<http://luminousandgrounded.com>
rabbett@luminousandgrounded.com
703-678-6757

Annie Mahon

<http://rawmindfulness.com>
annie@rawmindfulness.com

Nourished Abundance

<http://www.nourishedabundance.com>
ali@nourishedabundance.com
215-850-7105

Nourishing Foundations

<http://nourishingfoundations.com>
christine@nourishingfoundations.com
703-347-9032

Nurtured Bones

<http://nurturedbones.com>
susan@nurturedbones.com
703-738-4230

The Nutrition Connection

<http://www.nutrition-connection.com>
Erin4nutrition@gmail.com
703-407-6242

Pathways to Lifelong Health

<http://pathwaystolifelonghealth.com>
info@pathwaystolifelonghealth.org
1313 Kingston Ave, Alexandria VA
571-437-0415

Aimee Phlegar

<http://www.aimeephlegar.com>
aimee@aimeephlegar.com
 254.258.1292

Reflective Wellness

info@ReflectiveWellness.com
 703-342-2148

Renewed Living – Elaine Gibson

<http://www.renewedlivinginc.com>
elaine@renewedlivinginc.com
 703-451-6355

**Rooted in Bliss**

<http://www.lindanaini.com>
info@rootedinbliss.com
 240-888-5138

Siena Wellness

<http://www.sienawellness.com>
elizabeth@sienawellness.com
 202-810-3010

Simplified Wellness for You

<http://simplifiedwellnessforyou.com>
gina@simplifiedwellnessforyou.com
 10440 Shaker Drive, Suite 103, Columbia, MD
 301-602-6560

SmartStart Health Coaching - Online

<http://hsmartstarthealthcoaching.com>
wendy@employeehealthmgmt.com
 860-417-8337

Alana Sugar, CN

<http://alanasugar.org>
alanasugar@verizon.net
 703-451-2625

Take Back Your Health with Robin Shirley

www.takebackyourhealthconference.com
clubtbyh.com
info@clubtbyh.com

**Unlock Better Health**

<http://unlockbetterhealth.com>
unlockbetterhealth@gmail.com



Unlock Better Health

Ingrid Vaicius

<https://www.ingridvaicius.com>
ingrid@ingridvaicius.com
 202-271-8505

Wellness Found

<http://wellnessfound.net>
kristin@wellnessfound.net
 301-538-1244

Wellness with Elizabeth, LLC

<http://www.wellnesswithelizabeth.com>
wellnesswithelizabeth@gmail.com
 5828 Robins Nest Lane, Burke, VA
 703-453-2576

Wooden Spoon Wellness

woodenspoonwellness.com
WoodenSpoonWellness@gmail.com

Dental & Orthodontic**Bronson Family Dentistry**

<http://bronsonfamilydentistry.com>
bronsonfamilydentistry@gmail.com
 6845 Elm Street, Ste 507 McLean VA
 703-506-9805

Dental Wellness Center

<http://mddentalwellnesscenter.com>
dentalwellnesscenter@atlanticbb.net
 122 Bedford Street, Cumberland, MD
 301-722-4933

The DC Dentist

<http://thedcdentist.com>
staff@thedcdentist.com
 509 11th Street SE, Washington DC
 202-544-3626

Fairlington Dental

<http://fairlingtondental.com>
office@fairlingtondental.com
 4850 31st St S Ste A, Arlington VA
 703-671-1001

Richard Fischer, DDS

<http://evergreen8.com>

info@evergreen8.com

4222 Evergreen Lane, Annandale VA

703-256-4441

Happy Faces of Virginia - Dr. E. Lea Watson

<https://www.happyfacesva.com>

drwatsonbraces@gmail.com

6828 Commerce Street, Springfield, VA

703-752-2500

Julian Center for Comprehensive Dentistry

<http://JulianDentist.com>

info@julianctr.com

5012 Dorsey Hall Drive, Ellicott City MD

410-964-3118

**Miles of Smiles Implant Dentistry**

<http://www.milesofsmilesdental.net>

801 Wayne Ave, Silver Spring, MD

301-588-0768

Modern Smile Dental

<http://dentistofficegaithersburg.com>

modernsmiled@gmail.com

901 Russell Avenue, Gaithersburg, MD

301-977-8640

Natural Dental Associates

<https://www.naturaldentistassociates.com>

5809 Nicholson Ln, North Bethesda, MD

301-770-2270

2918 Spencerville Rd, Burtonsville, MD

301-421-1996

National Integrated Health Associates

<http://nihadc.com>

brooke.mader@nihadc.com

5225 Wisconsin Avenue, NW, Washington DC

202-237-7000

Vision**Robert R. Jacobs, OD**

<http://jacobsvision.com>

6849 Old Dominion Dr. McLean, VA

703-988-7744

Counselors & Therapists**Counseling of Alexandria**

<http://counselingofalexandria.com>

cathy@counselingofalexandria.com

2104 Mount Vernon Avenue, Alexandria, VA

703-650-9195

Counseling & Empowerment Center

<https://www.counselingempowerment.com>

Bethany@counselingempowerment.com

2104 Mount Vernon Avenue, Alexandria, VA

571-244-9964

DCMindBody

<http://www.dcmindbody.com>

patti@dcmindbody.com

1010 Wisconsin Ave., NW, Washington, DC

202-441-0941

Kathleen Hanagan

<https://www.kathleenhanagan.com>

kathleen@kathleenhanagan.com

571-305-5499

Amy Heard

<http://www.hdpsychology.com>

ARHeard@gmail.com

243 Church St NW, Vienna, VA

703-349-0737

Orly A. Katz, LCPC

<http://orlykatz.com>

therapyorly181@gmail.com

301-660-ORLY (6759)

Marya Michael, Spiritual Coach for Children

<http://spiritualcoachingforchildren.com/marya-michael>

michael

703-946-0264

Mount Vernon Family Therapy Associates

<http://mountvernontherapy.com>

info@mountvernontherapy.com

1707 Belle View Blvd. C-1, Alexandria, VA

703-768-6240

Over the Rainbow Counseling

<http://www.overtherainbowllc.com>

OTR@overtherainbowllc.com

2737 Devonshire Place, NW, Washington, DC

703-519-1224

Candice Peggs, LCSW-C, LICSW, RYT
<http://candicepeggs.com>
cap4wellness@gmail.com
4848 Battery Lane, N. Bethesda MD
301-893-4282

Meg Simmons, LCSW
<http://www.megsimmons.com>
meg@megsimmons.com
2104 Mount Vernon Avenue, Alexandria, VA
703-951-3428

The Spring Project
<http://springproject.org>
Elizabeth Fritsch, Ph.D.
DrElizabethFritsch@gmail.com
703-356-4710
Laura Hickok, Ph.D.
hickoklaura@gmail.com
301-654-2322

Amy Tatsumi Psychotherapy, Counseling & Art Therapy, LLC
<http://amytatsumi.com>
amy@amytatsumi.com
3 Washington Circle NW, Washington D.C.
202-540-0796

Jan Watkins, JD, MSW
<http://www.janwatkins.com>
janlwatkins@gmail.com
571-305-2320

The Women's Center
<https://thewomenscenter.org>
questions@thewomenscenter.org
133 Park St NE, Vienna, VA
703-281-2657
1025 Vermont Ave NW, Washington, DC
202-293-4580

Health Education & Training

Centro Ashe Herbs & Education
<http://www.centroashe.org/maryland.html>
info@centroashe.org

Green Comfort School of Herbal Medicine
greencomfortherbalapothecary.com
green.comfort@gmail.com
540-937-4283

Maryland University of Integrative Health
<http://muih.edu>
admissions@muih.edu
7750 Montpelier Road, Laurel MD
410-888-9048

Institute for Integrative Nutrition (IIN)
<http://www.integrativenutrition.com>

Health Care Products

Pharmacy and Supply

Community Pharmacy
<http://communitypharmacymd.com>
725 S. Salisbury Blvd., Salisbury, MD
855-LymeRx; 410-749-1899

Golden Health Pharmacy
<http://www.goldenhealthpharmacy.com>
46950 Community Plaza, Sterling, VA
703-430-8883

Knowles Apothecary & Wellness Center
<http://www.knowleswellness.com>
10400 Connecticut Ave., Kensington, MD
301-942-7979

The Paris Apothecary
<http://www.parisapothecaryva.com>
christine.nharris24@gmail.com
692 Federal Street, Paris, VA
804-502-4655

Village Green Apothecary
<http://myvillagegreen.com>
info@myvillagegreen.com
5415 W. Cedar Lane, Bethesda MD
301-530-0800

Washington Homeopathic Products
<http://www.homeopathyworks.com>
260 J R Hawvermale Way, Berkeley Springs, WV
1-800-336-1695

Herbs & Spices

Bazaar Spices
<https://www.bazaarspices.com>
info@bazaarspices.com
Union Market: 1309 5th St. NE, Washington, DC
202-379-2907
Atlantic Plumbing: 2130 8th St NW, Washington, DC
202-380-9658

Blue Nile Botanicals

<https://www.bluenilebotanicals.com>
sales@bluenilebotanicals.com
826 Georgia Avenue NW, Washington, DC
202-232-3535

Centro Ashe Herbs & Education

<http://www.centroashe.org/maryland.html>
info@centroashe.org

Little Red Bird Botanicals

<http://www.littleredbirdbotanicals.com>
littleredbirdbotanicals@gmail.com
202-726-1924

Mama Luvs Herbs and Stitches

<https://www.facebook.com/pg/MamaLuvsHerbs>
mamaluvsherbals@gmail.com
703-626-6374

Marble Arch Gardens

<http://www.marblearchgardens.com>
magherbs@gmail.com
703-568-1272

Smile Herb Shop

<http://smileherb.com>
asksmileherb@gmail.com
4908 Berwyn Road College Park, MD
301-474-8791

Subherban Roots

<http://www.subherbanroots.com>
subherbanroots@gmail.com
540-349-7850

Wisteria Herbs

<http://www.wisteriaherbs.com>
wisteriaherbs@gmail.com

Aromatherapy & Essential Oils**JCH Essential Oils**

<http://bit.ly/JCHEssentialsNaturalHealth>
clairejess@gmail.com
571-358-6845

Mother Nature's Aromatherapy Store

<http://mothernaturestore.com>
Laina_poulakos@hotmail.com
PO Box 2302, Springfield, MA
703-851-0087

About the Kids**Pediatricians & Family Physicians****Dr. Lorelle Bradley, M.D., F.A.A.P., A.B.I.H.M.**

<http://www.nihadc.com/practitioners/dr-lorelle-bradley-m-d-f-a-a-p-a-b-i-h-m.html>
5225 Wisconsin Ave. NW, Washington, DC
202-237-7000

Healthy Kids Pediatric Center

<http://www.healthykidspediatriccenter.com>
44365 Premier Plaza, Ashburn, VA
703-858-0121

Dr. Matt Irwin, M.D., M.S.W.

<http://www.drmattirwin.com>
1240 North Pitt St.
Alexandria, VA 22314
703-780-1261

Dr. Hai Jin Kim

<http://myhealthbuilders.net>
info@myhealthbuilders.net
7540-H Little River Turnpike, Annandale, VA
703-256-2600

Leesburg Sterling Family Practice

Six locations in Loudoun
<https://yourfamilymed.com>

Ioana Razi, MD

razi.ioana@gmail.com
3537 R Street, NW, Washington, DC
202-333-1774

Sterling Family Practice

<http://www.sterlingfamilypractice.com>
21135 Whitfield Place, Sterling, VA
703-421-7000

Schools, Homeschooling Resources, & Educational Opportunities**Acorn Hill Waldorf Kindergarten & Nursery**

<http://acornhill.org>
info@acornhill.org
9504 Brunett Avenue, Silver Spring, MD
301-565-2282

Ancestral Knowledge

<http://www.ancestralknowledge.org>
ak@ancestralknowledge.org
240-832-5435

Art House 7

<http://arthouseseven.com>
art.house.seven@gmail.com
5537 Lee Highway, N. Arlington VA
703-402-5017

Audubon Naturalist Society

<https://anshome.org>
contact@anshome.org
Woodend Sanctuary - Chevy Chase, MD
301-652-9188
Rust Nature Sanctuary - Leesburg, VA
703-669-0000

Compass Homeschool Enrichment

<http://www.compassclasses.com>
admin@compassclasses.com
703-544-5332

DC Home Educators Association

<https://dchea.org/dc-area-resources>
dchea@dchea.org
DC Home Educators Association
534 14th St SE, Washington, DC

The Eastern Ridge School

<http://easternridgeschool.org>
admissions@easternridgeschool.org
9201 Vernon Drive, Great Falls VA
703-757-7900

Green STEM Learning

<http://www.greenstem.us>
mary@greenstem.us

iSchool for the Future

<http://ischoolforthefuture.org>
wizards@ischoolforthefuture.org

Kid Power, Inc

<http://kidpowerdc.org>
755 8th NW, Washington DC
202-383-4543

Meridian Homeschool Club of Arlington

<http://www.meridianhomeschoolclub.org>

Music Together Vivo

<http://mtvivo.yourvirtuoso.com>
musictogethervivo@gmail.com
703-619-6441

Natural Leaders Program

<http://www.nickgrenier.com/natural-leaders-program.html>
grenier.nick@gmail.com
571-244-3793

Nature Club Kids

<http://www.natureclubkids.com/about.html>
natureclubkids8@gmail.com
571-839-8896

Nova Opt Out (of SOL Tests)

<http://www.novaoptout.com>

The Organization of Virginia Homeschoolers

<http://vahomeschoolers.org>
info@vahomeschoolers.org
866-513-6173

Permie Kids

<https://www.permiekids.com>
jen@permiekids.com
301-579-2353

Potomac Crescent Waldorf School

<http://potomacwaldorf.org>
information@potomaccrescentschool.org
3846 King Street Alexandria VA
703-486-1309

**The River Farm Cooperative**

<http://www.riverfarmcooperative.com>
Alexandria, VA

Sol Play Adventures

<http://solplayadventures.blogspot.com>
info@solplay.net

TimberNook West River
<http://timbernook.com>
teece.nowell@timbernook.com
5030 Sudley Road, West River MD
410-703-6157

Time4Learnng
Homeschooling in Maryland
https://www.time4learning.com/homeschool/home-schooling_in_maryland.shtml

Tinkergarten
<https://www.tinkergarten.com>
Washington Waldorf School
<http://washingtonwaldorf.org>
4800 Sangamore Rd, Bethesda, MD
301-229-6107

Parenting Resources and Coaches

Eat-Sleep-Love
<http://eat-sleep-love.com>
jessica@eat-sleep-love.com
4405 East West Hwy Suite 601, Bethesda MD
202-276-7308

Family Harmony and Balance Coaching with Jenifer Joy Madden of The Durable Human
<http://durablehuman.com>
Info@durablehuman.com
703-403-7034



Family Heart Camp
<http://familyheartcamp.org>
host.virginia@familyheartcamp.org
855-342-2267

Happy Parents, Happy Babies LLC
<http://happyparentshappybabies.com>
emilygriffinlicsw@gmail.com
202-213-1868

Insight Meditation Community of Washington
Family Meditation classes and retreats
<http://imcw.org/Community/Children-and-Families>
meditate@imcw.org
202-986-2922

Intuitive Parenting
<http://intuitiveparentingdc.com>
intuitiveparentingdc@gmail.com

Jenna Martin, Simplicity Parenting Coach
<http://familiesgrowtogether.com>
growtogetherinfo@gmail.com
408-386-3308



Jennifer Kogan, LICSW - Individual and Couple Counseling for Parents
<http://www.JenniferKogan.com>
JKogan@JenniferKogan.com
4601 Connecticut Avenue, Washington DC
202-215-2790

Mindful Parenting, LLC
<http://francineronis.com>
francine.ronis@gmail.com
571-213-9215



Our Baby Class of Piedmont Virginia
<http://ourbabyclass.com>
stephanie.hanson@ourbabyclass.com
3040 Colvin Road, Piedmont VA
703-402-0486

Parenting by Dr. Rene
<https://parentingbydrrene.com>
DrRene@parentingplaygroups.com
703-237-0733

Redefining Perfect Parenting
<http://Rachel-Bailey.com>
Rachel@Rachel-Bailey.com
24096 Gum Spring Rd., Arcola VA
703-309-9131

Occupational & Physical Therapy

Little Hands Speech - Occupational Therapy
<http://littlehandsspeechtherapy.com>
kelli@littlehandsspeechtherapy.com
Serving Ashburn, VA
571-207-8850

Play to Grow
<http://www.playtogrowmd.com>
playtogrowmd@gmail.com

christine@playtogrowmd.com
3510 Worthington Blvd., Urbana, MD
443-574-5145

Photographers for Birth, Family & Kids

Brenda Amaya
<http://www.brendaamayaphotography.com>

Dorie Howell
<http://www.doriehowell.com>

Angie Klaus
<https://www.angieklaus.com>

JLA Photo
<http://jlaphotography.com>

Portrait Playtime
<http://portraitplaytime.zenfolio.com>

Second Ave Photography
<http://www.secondavephotography.com>

Tell Chronicles – The Memory Shack
<http://tellchronicles.com>

Childcare

Jaclyn, Au Pair Consultant
<http://jperovich.aupairnews.com>
jaclyn@perovich.com
571-207-8084

Marigold Children's Garden Daycare and Preschool
<http://www.marigoldchildrensgarden.com>
Rachel@marigoldchildrensgarden.com
15271 Brazil Circle Woodbridge, VA
703-340-8187

Play, Work or Dash Bring Your Kids to Work
<http://www.playworkdash.com>
info@playworkdash.com
8214-B Old Courthouse Road, Vienna, VA
703-345-7801

Guide to the Early Years: Pregnancy, Prenatal, Birth, Postpartum & Baby Resources

Be Health Love
<https://www.behealthlove.com>
angela@behealthlove.com
571-215-1773

A Beautiful Beginning (Loudoun Doulas)
<http://yourbeautifulbeginning.com>
info@yourbeautifulbeginning.com
Broad Run Dr, Potomac Falls VA
703-340-9979

Beau Choix
<http://beauchoix.com>
571-210-0503

Birth Care & Women's Health
<http://birthcare.org>
midwives@birthcare.org
1501 King Street, Alexandria VA
703-549-5070

Birth In Bloom
<http://www.birthinbloom.com>
birthinbloom@gmail.com
4901B 31st St S, Arlington, VA 22206
4708 Wisconsin Ave NW Suite 101 Washington DC
703-855-1938

Birthing Hands of DC
<http://birthinghandsdc.com>
BirthingHandsDC@gmail.com
202-236-1764

Blue Ridge Birth
<https://blueridgebirth.com>
blueridgebirth@gmail.com
96 Locust Lane, Bluemont, VA
703-727-3053

Bon Fête Doula Services
<http://www.bonfetedoula.com>
chandsampson@gmail.com
703-975-3255

Bringing Home Baby
bringinghomebaby.biz
customerservice@bringinghomebaby.biz
11506 Lockhart Place, Silver Spring MD
301-906-6162

COH Family Health and Birth Center

<http://communityofhopedc.org>
info@cohdc.org
4 Atlantic Street SW, Washington DC
202-407-7747

DC Baby

<http://dcbaby.org>
babydc202@gmail.com
202-413-8062

The DC Doula

<http://thedcdoula.com>
malika@thedcdoula.com
202-630-4665

Doulas of Capitol Hill

<http://www.doulasofcapitolhill.com>
info@doulasofcapitolhill.com
202-854-9899

Doulas of Northern Virginia

<http://www.doulasofnorthernva.com>
info@doulasofnorthernva.com
571-318-9228

District Birth Services

<http://www.districtbirthservices.com>
kim@districtbirthservices.com
202-503-9565

Dumfries Midwifery and Pediatric Care Center

<http://dumfriesmidwives.org>
3908 Lansing Ct, Dumfries VA
703-634-2280

Free Range Birth Services

<https://www.freerangebirth.com>
540-272-6772

The Freedom Doula

<https://www.kalahill.com>

Heartsong Midwifery

<http://www.heartsongmidwifery.com>
HeartsongMW@aol.com
571-606-3890

ICAN of Nova

<http://www.icanofnova.org>

Fairfax Home Birth

<https://www.fairfaxhomebirth.com>

story@fairfaxhomebirth.com
3950 Chain Bridge Road, Fairfax, VA
703-534-0373

Free Range Birth

<https://www.freerangebirth.com>
FreeRangeBirths@gmail.com
540-272-6772

Labor & Lullabies

<http://www.laborlullabies.com>
lisa@laborlullabies.com
410-491-2087

Lamaze International

<http://lamaze-dc.com>
703-549-2226

Life Streams Eternal, PLLC

<https://www.lifestreamseternal.com>
drkatyvega@gmail.com
38629 Liebchen Lane, Leesburg, VA
703-431-2844

Little Star Birth Services

<http://www.littlestarbirth.com>
becky@littlestarbirth.com
21010 Southbank Street, Sterling, VA
571-438-3224

Magic of Motherhood

<http://www.magicofmotherhood.com>
baby_counselor@yahoo.com
202-230-4126

M.A.M.A.S Midwives

<http://mamasmidwives.com>
mamasmidwives@gmail.com

Mamatoto Village Pregnancy, Childbirth and Family Resource Center

<http://www.mamatotovillage.org>
info@mamatotovillage.org
311 47th Street NE, Washington DC
202-248-3434

Metropolitan Doulas

<http://metropolitandoulas.com>
info@metropolitandoulas.com
301-643-6419

Midwifery Services @GW Medical Faculty Associates

<http://www.gwdocs.com/midwifery-services>

22nd & I Street, NW, Washington, DC
2300 M Street, NW, Washington, DC
202-741-2500
4920 Elm Street, Bethesda, MD
240-395-1050

Midwives of Medstar

<http://www.medstarwashington.org>
106 Irving Street, NW, Washington, DC
202-877-7128

Mindful Return

<http://www.mindfulreturn.com>
lori@mindfulreturn.com

Momease

<http://momease.com>
calexander@momease.com
500 Montgomery St. Suite 400, Alexandria, VA
703-739-2832

Mother & Baby Matters, Inc.

<http://www.motherandbabymatters.com>
office@motherandbabymatters.com
12001 Market Street, Suite 301, Reston VA
703-787-4007

Mother Nurture Doula Services

<http://www.MotherNurtureVa.com>
703-828-5789

Nana Juju

<http://www.nanajurocksfood.com>
nanajurocks@gmail.com
301-246-2070

Northern Virginia Midwifery

<http://novamidwife.org>
tammi@novamidwife.org
6136 Ninth Rd, North Arlington VA
571-318-6136

NOVA Birth Partners

<http://www.novabirthpartners.com>
hello@NOVABirthPartners.com
571-406-7705

Nova Birth Network

<http://novabirthnetwork.org>

NOVA Natural Birth Center

<http://www.novabirthcenter.com>
office@novabirthcenter.com

4200 Technology Ct., Suite A, Chantilly, VA
703-357-3808



NOVA Placenta Encapsulation

<http://www.novaplacentaencapsulation.com>
info@novaplacentaencapsulation.com
571-377-8495

NOVA Women's Health Collective

<https://www.novawhc.org>
info@novawhc.org
7011 Calamo Street, Springfield, VA
703-829-6399

Oasis Family Services

<http://oasisfamilyservices.com>
susannah@oasisfamilyservices.com
202-236-2363

Our Baby Class of NW DC

<http://ourbabyclass.com>
sarah.vogel824@gmail.com
202-413-8062

Dr. Kai Parker Naturopathic Medicine & Midwifery

<http://dcmidwife.com>
DrParker@timmed.com

Peaceful Journeys Midwifery

peacefuljoureysmidwifery@gmail.com
115 Lariat Ct., Stephens City, VA
423-330-4293

Postpartum Support Virginia

<http://www.postpartumva.org>
info@postpartumva.org
703-829-7152

Premier Birth Center

<http://www.premierbirth.com>
125 Premier Place, Winchester, VA
540-709-1737 Local, 844-944-BABY (2229)

Prodigious Birth Services

<http://prodigiousbirth.com>
jcarlson@prodigiousbirth.com
7241 Jillspring Court, Springfield, VA
703-629-1601

Pure Nurture
<http://www.purenurture.com>
info@purenurture.com



Save A Life DC & Capitol Baby Care
<http://savealifedc.com>
Savealifedc@gmail.com
Capitol Hill and N. Washington DC
410-703-3333

Savor it Studios
www.savoritstudios.com
savoritstudios@gmail.com
P.O. Box 42134, Washington DC
202-821-3161

Shifrah's Sisters
<http://www.shifrahssisters.com>
elizabeth@shifrahssisters.com
202-446-4400

Stepping Stones Birth
steppingstonesbirth.com
Kimberly.E.Lawton@gmail.com
4200 Cathedral Ave NW #807, NW Washington DC
910-988-2526

Silver Spring Doula & Silver Spring Placenta Arts
<http://silverspringdoula.com>
<http://silverspringplacenta.com>
jenny@silverspringdoula.com
202-486-7727

The Spring Project
<http://springproject.org>
DrElizabethFritsch@gmail.com
703-356-4710
hickoklaura@gmail.com
301-654-2322

Sunflowers Healing & Wellness
<http://sunflowerswellness.com/Blissful-Bellies>
info@sunflowerswellness.com
2016 Mt Vernon Ave, Alexandria, VA
703-489-0754



Tonglen Doula
<http://www.tonglenbirth.com>
tonglendoula@gmail.com
303-947-5556

Tree of Life Midwifery and Birth Center
<http://www.treeoflifefredericksburg.com>
treeoflifefredericksburg@gmail.com
1003 Mahone St, Fredericksburg, VA
540-318-0055

Your Fourth Trimester
<https://yourfourthtrimester.wordpress.com>
yourfourthtrimesterdc@gmail.com
828-450-2217

Breastfeeding Support

Arlington Lactation
<https://www.arlingtonlactation.com>
hello@arlingtonlactation.com
703-651-6466

The Breastfeeding Center for Greater Washington
<http://breastfeedingcenter.org>
info@breastfeedingcenter.org
2141 K St NW, Washington DC
202-293-5182



the BREASTFEEDING
CENTER for greater washington

DC Breastfeeding Coalition, Inc
<http://dcbfc.org>
info@dcbfc.org
1629 K Street, NW Suite 300, Washington DC
202-470-2732

La Leche League of MD-DE-DC
<http://www.llofmd-de-dc.org>
La Leche League Virginia and West Virginia
<http://lllvawv.org>

Lactation Room

<http://lactationadvisor.com/>
sarahslactationroom@gmail.com
301-529-5433

Mama Assurance

<http://www.mamassurance.com/index.html>
703-868-3518

Metropolitan Breastfeeding

<http://www.metropolitanbreastfeeding.com>
301-943-9293

Northern Virginia Lactation Consultants

<http://nvlcbaby.com>
nvlcfairfax@gmail.com
703-425-2229 (BABY)

Thrive Breastfeeding

<http://www.thrivebreastfeeding.com>
202-437-2490

Sleep Support**Bliss Sleep Co**

<https://www.blissleepco.com>
courtney@blissleepco.com
202-670-4073

Mind Body Family

<http://mbfcommunity.com>
amy@mbfcommunity.com

Sleepwell Sleep Solutions

sleepwellsleepsolutions.com
michelle@sleepwellsleepsolutions.com
703-887-2776

Babywearing & Cloth Diapering**2 The Root Cloth Diaper Service**

<http://www.2theroot.com>
info@2theroot.com
202-630-6654

Abby's Lane Online Boutique

<https://www.abbyslane.com>
novacloth@gmail.com
Warehouse: 8870 Rixlew Lane, Manassas, VA
571-229-9433

Change Diapers

<http://change-diapers.com>
maria@change-diapers.com

DC Cloth Diaperers Email List

<https://groups.yahoo.com/neo/groups/DCCDers/info>

Enkore Kids

<http://www.enkorekids.com>
store@enkorekids.com
146 S. Main St, Boonsboro, MD

Greenberries

<http://greenberriescompany.com>
Rachel@greenberriescompany.com
6925 Oakland Mills Road, Columbia, MD
410-290-6253

Modern Diaper Service

<http://www.moderndiaperservice.com>
customerservice@moderndiaperservice.com
5318 Eisenhower Ave, Alexandria VA
703-823-3993; 301-853-3993

Northern Virginia Real Diaper Circle

<http://novacd.weebly.com/area-cloth-diapering-resources.html>

Nova Region Cloth Diaper B/T/S

<https://www.facebook.com/groups/NOVARegionClothDiapersBTS>

Acknowledgments

This eBook has in some ways been in the making for nearly eleven years, since I was pregnant with my first child. While all the influences are too numerous to name, many folks I met along the way led me to this moment and deserve to be acknowledged.

Some of the people and resources that started me on my parenting journey were the Old Town Moms email list and Melody Kisor's *The Baby Duck*, both of which I learned about from fellow teacher Marya Runkle. She and I both took prenatal yoga classes with Jennifer Moore, where we got connected to other helpful resources. My friend Kyle Dunbar made me my first mom's guide to Northern Virginia, which, as mentioned in the introduction, has always been in my mind as a model for what I wanted to create for other moms of the crunchy variety.

Hypnobirthing classes with Sharon Stevenson set the stage for pursuing an intentional approach to parenting. My Bradley childbirth class created my first support group. I'm grateful to our teacher, Kristin Krycia for helping us make such strong connections and to Karey, Monica, Susan, Tracey and Tracy for sharing the motherhood and postpartum journey with me. Several of us were clients at the host facility, BirthCare and Women's Health, where I felt very well cared for by the midwives there, including Alice Bailes, Susan Dodge, Erin Fulham and Marsha Jackson. I'm grateful to Susan and to then-intern Cindy Denbow who supported me in the hospital when my son's breech position and short cord necessitated a c-section. I'm grateful for the support of Marilee Pinkleton, Tammi McKinley, ICAN of NoVA, Camilla Yrure, DawnStar Sarahs Borchelt and everyone who helped me toward a successful home VBAC, including Jenn Shane Whitaker, Lisa Laney, Laurie Conner, Kristen Patterson and others.

In my early years as a mom, I learned about natural parenting from *Mothering* magazine and locally from the Northern Virginia Families for Natural Living email list and from API of NoVA, the email list and the in-person meetings as well as from the north Arlington La Leche League chapter. A big source of support early on came from a playgroup of women who came together through some of these and other lists and groups. Many thanks to the Groovy Mamas, including Lisa Laney, Jessica Moore, Liz Matthews, Karen Growney and others. I also made lots of important connections through my local Moms Club chapter.

I am grateful for the positive encouragement I got from Sarah Masterson in 2008 when I approached her and asked if she thought there was room for another DC-area parenting website in addition to her DC Baby, which was one of the only ones at the time. Reading about formation of the Northern Virginia chapter of Holistic Moms Network by Alexa Hutchins and Laurie Cunningham shifted my direction; inspired by Katherine Sumner and Charlotte Hardwick's suggestion that there should be a chapter closer to us in Arlington/Alexandria, I decided to start one.

Many people lent their hands to the effort of founding that chapter. They are too numerous to name, but Lisa Lane Laney was one of the biggest champions of my work with HMN from the get-go and ever since. I am extremely grateful to her for her support and encouragement over the years. Leigha Sochurek was also at that first meeting in January 2009 and soon after took on the role of membership coordinator. Leigha has been involved in the chapter ever since. I'm grateful to her and to all the co-leaders I've had over the years, especially to Michelle Rief, who took on many of my duties before I announced to her, Leigha, Mary Hackman and Rajae Nami in March 2016 that I would need to step down from leadership to attend to my health, pursue issues of wellness in schools, and to try to make

my website a sustainable business. I'm grateful for their support and for their efforts to keep the chapter going strong.

And of course a tremendous debt of gratitude goes out to Nancy Peplinsky for founding Holistic Moms Network in 2003. Her vision and leadership have been inspirations for me, and I'm grateful to her leadership team for years of mentoring. Through eight years of organizing monthly meetings, I learned a lot about holistic health and parenting and connected to so many wonderful people in our community. After having had to give up teaching because of my health, it was rewarding to see myself again as someone who could help others. Thank you to all the wonderful speakers we've had over the years and to everyone who has ever come out to a meeting.

Writing has been a huge part of the way I process my parenting. People who have helped me to feel like a writer and to get published include Betsy Rosso; Jessica Moore; Heather Davis and the other women in her writing group; and the NoVa Writer Mamas: Patricia Fuentes Burns, Stephanie Kriner, Kim O'Connell and Jamie Odeneal. There are many other pretty terrific women who have helped support me and encourage me, including Alexandra Hughes, Pleasance Silicki, Pamela Hunt Cloyd, Amy Gura, Anna Whiston Donaldson, Sheryl Rivett, Martha Brettschneider, Terry Nebeker, Nicole Dash, Stephanie Dulli, and Kate Hood.

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My start in the blogging world was made possible by efforts and opportunities created by Sandie Chen, Diana Funk, Stacey Ferguson, Thien-Kim Lam, Jessica McFadden and Jill Smokler, by Kimberley Hartke, and by Carnival of Natural Parenting Founders Dionna Ford and Lauren Wayne. Thank to you to those and to others who helped blaze a trail for me. I'm grateful for support I've gotten on blogging from Stephanie Giese and everyone her terrific BlogU conference including speaker Julie Nowell and Emma Mastich.

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I learned a great deal at the inaugural Femworking conference in October of 2013 and since then through the networking group and individuals I met there, including Cherlyn Jenkins. Thanks to Femworking founder Kelley Sanabria for creating the group and to many of the members, including Megan McCourt and Amy Bonsiero of the Arlington chapter, led by Lisa McLaughlin, lawyer Radiance Harris and friends Michelle Lanfear Winters and Heba Saleh, among others. Before my site was established, I gained tremendously from years of meetings and conversations led by Carolyn Semedo of

The Enterprising Moms. Reading Brigid Schulte's work and hearing her talk about it was a highlight. I also enjoyed being part of the Arlington Work At Home Moms group.

I'm grateful for the help I got this summer at MommyCon from Katie Cavanaugh, Andrea Proper and Lisa Laney and for brainstorming, content and community from Katie, Jessica Brodey, Cathy Burke, Joanna Eddy, Jaye Anne Gallagher, Binakaye Joy, Priscilla Martinez, and Cynthia Thurlow.

I've learned a great deal over the years from collaborations on issues of wellness and outdoor learning with Melanie Meren, Nancy Striniste, Elenor Hodges, Mary Van Dyke, Christy Przystawik and many others. I have also learned a great deal about parenting from Rene Hackney and about wellness from Josie Nelson. I can't name all the authors who have influenced me, but Katrina Kenison and Donna Jackson Nakazawa have been very powerful forces in my life.

Lots of friends have encouraged me and been patient with me including many of those listed above and too many to name here, but a few I have to express gratitude to are Corinne Amans, Manisha Singh, Sarah Soulliere, Christi Flynn, Sarah Lascano, and the late Marybeth Walsh. Back in 2010 when Holistic Moms was putting on a Local Food event, Marybeth, Rajae and Katherine Sumner helped work on the farm information that provided the basis for the list that's included here. It all comes around.

Most recently I've been very grateful for the help of Lacey Burbage. Thanks to Nyle MacFarlane for pointing me to her, to Marisa Alonso for pointing me to Nyle, and to Margaret Gennaro for pointing me to Marisa and Sarah Lascano for pointing me to Dr. Gennaro! Most everything that is in this book has a similar chain of connections!

Our eBook cover art was inspired by the photography and design work of Jenn Sapp Alcantara of TheEnchantedPoppy.com, The Enchanted Poppy on Etsy and JLA Photography. Lorna Bautista of LornaBautistaDesigns.com designed the cover.

The actual wool felting artwork is an original piece that was created specifically for the Mindful Healthy Life eBook by Erica Davis of In the Shade of the Old Oak Tree. I am very grateful for the contributions of these talented, creative, Northern Virginia mamas! Please check out their work!

I have learned a great deal from Holistic Moms and am grateful for all the support and encouragement I've gained in those meetings and discussions. Also of tremendous benefit have been various online forums, including through Holistic Moms and also the Northern Virginia Families for Natural Living list, the Wholistic Nova Facebook group and many others. There are many, many other mamas whose stories, actions, words, deeds and experiences have touched and inspired me and from whom I have drawn strength and support. Thank you to all of you.

At the very beginning, Christine Wilson and her crew at MtoM Consulting were very generous with their time and mentoring when they built the site. Reidy Brown gave invaluable advice and guidance early on and many times since. Lisa Marie Keyser of LMK Web Design & Consulting has kept the site running smoothly and has been a delight to work with. Thank you all.

I'm grateful to my sisters, brother and parents who watched my children so I could attend two BlogHer conferences and who have been encouraging, supportive and very patient, even when it comes to planning family meals for 17 and accommodating my family's diet needs.

The website and eBook couldn't have been possible without the financial support of my husband, John Lawther, and I would never have embarked on this journey to share this information if our children hadn't come into my life. They have taught me so much directly and have provided more opportunities for growth and learning than I ever thought possible. Thank you, E and A, for trusting me with your lives. I will always remain humbled by that responsibility.

I'm grateful to all the site's readers and supporters for their loyalty and patience as I find my way.

Finally, thanks to everyone who has ever said a kind word to me or about what you've gained from reading my work or participating in events I helped to organize. Please keep reading, sharing and participating!

With gratitude,
Jessica

About the Author



Jessica Claire Haney is a mother of two. It was her desire to become a mother that prompted her on a holistic health. A diagnosis of Graves' Disease in 2003 prompted her to make diet and lifestyle changes in order to regain her fertility and her health. Over the years, she's continued to address chronic health issues with the help of numerous practitioners and various modalities. Her journey is ongoing. Jessica launched Mindful Healthy Life on Earth Day 2014.

A Michigan native, Jessica came to Northern Virginia after graduating college to work as an intern and later as the Internet Coordinator of Feminist.org at the Feminist Majority Foundation. She attended graduate school at the University of Cincinnati, where she taught undergraduates and earned M.A. degrees in English and Women's Studies. Jessica returned to the DC area in 2000 to teach English and journalism/literary magazine at T.C. Williams High School, where she worked on diversity and social justice issues.

After becoming a mother in 2006, Jessica worked as a tutor and as a freelance editor and writing coach. She had her second child in a Homebirth After Cesarean (HBAC) in 2010. A stay-at-home mom, Jessica focused much of her time on health and then on spreading the word about holistic health through the Holistic Moms Network Arlington/Alexandria chapter she started in January 2009 and continued to co-lead until July 2016.

In 2014, Jessica organized a five-year anniversary party for her Holistic Moms chapter, bringing together over 100 people to celebrate their community and commitment to holistic health. Also in 2014, Jessica served on the 2014 Advisory Board for the DC Birth & Babies Fair and began serving on the Arlington Public Schools School Health Advisory Board.

Having worked on issues related to outdoor learning and school gardening at her children's elementary school, Jessica has chaired an elementary Wellness Committee and served as co-chair of the Environmental Health and Asthma Subcommittee of the district's School Health Advisory Board. Jessica helped organize the 2015 Arlington Public Schools Growing Green Schools networking event on school gardening and outdoor learning opportunities and assisted with monthly school garden meetups the following school year. She helped to organize the 2017 Arlington Public Schools Clean Air Awareness Month Celebration and has volunteered with NoVA Outside, an alliance of environmental educators.

Jessica continues to dedicate a large portion of her time to cooking nutrient-dense grain-free, dairy-free, soy-free, nightshade-free, egg-free, legume-free food for herself and gluten-free food for her family and to investigating health protocols for herself and her children. She's made great strides in her health thanks to the help of many terrific practitioners.

In addition to the blogging Jessica has done on Mindful Healthy Life, she maintains a personal blog, CrunchyChewyMama.com, and she has blogged for TheDCMoms.com. Her work has been published on Scary Mommy, The Huffington Post and in The Washington Post and Mothering Magazine as well as in four anthologies. Jessica is also working on her first novel, which addresses issues of identity, community and parenting in the lives of three women living in Northern Virginia during three different decades. For more information about Jessica's writing or about the services she offers as a writer, editor and consultant, see JessicaClaireHaney.com.

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If you would like to help with the site or write for the site, please contact Jessica at jessica@mindfulhealthylife.com.



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- Jessica offers several **services** for holistic-minded businesses and organizations, including **writing, editing, marketing and media strategy consulting, and event planning and promotion**. For details see <http://jessicaclairehaney.com/>

Email jessica@mindfulhealthylife.com to request rate sheets.

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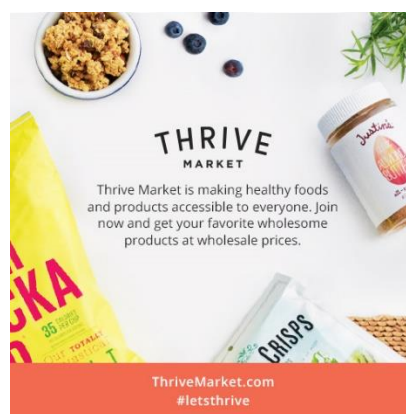
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Mindful Healthy Life founder Jessica Haney is a Wellness Advocate with **dōTERRA essential oils**, so if you've been wanting to purchase Certified Pure Therapeutic Grade essential oils or to learn about how to bring oils into your natural family medicine toolkit, contact Jessica. She offers free 20-minute Pathways to Wellness phone consultations to anyone who is interested, and she's available to provide oils education, teaching classes to groups of 10 or more in the Metro DC area.

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Jessica is also a consultant with **Beautycounter**, the #SaferSkincare company that was one of the founding partners of the EWG Verified program that we wrote about here when it launched in late 2015. If you take pains to eat healthy food but haven't vetted your skincare products for toxins, it's time to cross the next frontier. Making the switch to Beautycounter is an easy way to feel confident about what is going on to your – and your children's! – largest organ.

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If you'd like to support the site's work with a direct financial contribution, the Mindful Healthy Life PayPal link is <http://paypal.me/MindfulHealthyLife>



Please note that Mindful Healthy Life is an LLC owned by Jessica Haney and is not a nonprofit organization. Jessica dreams of someday starting a non-profit to help provide wellness services for low-income youth, but that is not yet on the horizon.

Thank you for your support!