

Gift idea for brides – or bridal party

# DE-STRESSING BEFORE THE BIG DAY

By Maria Martino Evans  
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*A session with Cheyenne can clear your brain  
and soothe your soul*

## Few joyous situations elicit as much stress as planning a wedding.

**F**rom the guest list to the seating arrangements to the “happily ever after,” pressure permeates the planning of nuptials around our region and beyond. So finding a way to relieve some of the stress makes sense – and cents.

“Some people are so stressed out with work and planning the wedding, they go on their honeymoon and get sick,” says Cheyenne, a healer who weaves together eastern and western ways of thinking about stress reduction and relaxation.

From all the stress, their immune systems are on overload, and they are more susceptible to illness. One way to avoid that situation, Cheyenne says, is for them to give their body some downtime.

### **Better decisions**

The work Cheyenne does helps clients get clarity about the many decisions they need to make before their wedding day.

Especially in this economic environment, she explains, people need to be “grounded enough to make the right decisions.” This may mean verbal process, to get at the root of the uncertainty or anxiety; relaxation techniques, to let go of stress; or a combination of both.

Owner of Health Heart Soul in Springfield Township, Cheyenne is a certified wellness educator, which requires a mastery of mul-

tipl disciplines. Polarity exercise, simple yoga postures and her intuitive every day approach to integrating relaxation and rejuvenation techniques help many clients find clarity, healing, and peace of mind for the body, the heart and the soul.

“It goes beyond energy work,” Cheyenne says. “We’re getting rid of the stress at a cellular level, not just a physical, muscular level.”

### **Make room for Mommy**

Cheyenne’s services were recently given to a doctor who was getting remarried. “It’s a wonderful shower or wedding present,” she says, especially for individuals who have been married before or who already have their household established.

And it’s not just the bridal couple who can benefit from taking time out to de-stress. The mother of the bride and overwrought – and overworked – bridesmaids also appreciate a session with Cheyenne..

In fact, another advantage of Cheyenne’s work is that with some of the stress appeased, “you look great for the big day.”

A respected teacher, speaker and healer, Cheyenne has been creating a supportive, healing environment for people seeking renewed physical vitality and greater personal awareness for more than 20 years..

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Her home-based office reflects the peacefulness and serenity of the countryside, as well as her work. The office is in a beautiful, rural setting on an 80-acre historical farm situated between a covered bridge and a flowing stream in upper Bucks County.

While she welcomes bridal parties to her office for a relaxation session, she is also happy to offer whichever format fits their needs -- healing and energy work via telephone or one-on-one meetings at her studio or at the client's home or office.

"Stress comes in all shapes and sizes -- something no one wants to bring to the big day, much less the honeymoon," Cheyenne says.

"I support them in feeling the joy of the day."

**To learn more about Cheyenne -- and order her guided relaxation CDs, which make a great gift -- go to [www.healthheartsoul.com](http://www.healthheartsoul.com).**

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