

# The Stretch Loft Expands Wellness Footprint with New Bethesda Location and Enhanced Healing Programs

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/EINPresswire.com/ -- [The Stretch Loft](#), a premier stretch therapy and wellness studio founded by holistic healer Ben the Baptist, announces the upcoming opening of its third location in Bethesda, Maryland, furthering its mission to transform lives through innovative stretch therapy and emotional healing practices.

The new penthouse studio at Triangle Towers in Bethesda will join The Stretch Loft's existing flagship location in Lanham and its second studio in Riverdale Park, Maryland. This expansion comes alongside the continued growth of The Stretch Loft's specialized wellness services and its educational division, The Stretch Loft Academy.

With over two decades of experience in the wellness industry, Ben the Baptist has established himself as a thought leader in the stretch therapy movement, helping thousands of clients address both physical tension and emotional blockages through his holistic approach to bodywork.

The Stretch Loft offers a comprehensive range of services including customized one-on-one full body stretch sessions, emotional release and trauma-informed bodywork, and specialized recovery services. Premium healing experiences such as The Baptist Table™ and Signature Salt Rock Ritual™ provide clients with unique pathways to wellness not commonly found in traditional therapy settings.

Beyond client services, The Stretch Loft Academy continues to develop the next generation of stretch therapists through its certification programs, including the Essentials of Stretch Therapy Course, Six-Figure Stretchpreneur Business Course, and in-person Stretch Academies. The Academy's 12-month Healer's Journey Mentorship Program provides comprehensive training for



The Stretch Loft

aspiring practitioners looking to build successful careers in the wellness industry.

The company also maintains a strategic partnership with Gold's Gym Bowie, where it offers stretch therapy and recovery services to gym members, further extending its reach in the Maryland wellness community.

For more information about [stretch therapy services and practitioner training](https://www.thestretchloft.com), visit [www.thestretchloft.com](https://www.thestretchloft.com).

#### About The Stretch Loft:

The Stretch Loft is a premier stretch therapy and wellness studio specializing in full-body stretch sessions, emotional body mapping, mobility work, and recovery services. Founded by Ben the Baptist, a holistic healer with over 20 years of experience, The Stretch Loft believes healing happens through movement, safe touch, and emotional release. The company operates locations in Lanham and Riverdale Park, Maryland, with a third location coming soon to Bethesda. Through The Stretch Loft Academy, the company provides training and certification for aspiring stretch therapists and wellness practitioners. The Stretch Loft's mission is to transform lives through stretch, emotional healing, and empowerment—one body, one breath, and one breakthrough at a time.

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