



Autumn Moon's Yoga and Holistic Healing Named a 2026 Best of Kentucky Regional Award Winner

LAWRENCEBURG, KY, UNITED STATES, August 13, 2026 /EINPresswire.com/ -- Autumn Moon's Yoga and Holistic Healing has been recognized with the 2026 Best of Kentucky Regional Award, honoring the Lawrenceburg wellness studio for its thoughtful, personalized approach to helping people improve their physical, mental, and emotional well-being. The recognition highlights a business that has built its reputation not by chasing wellness trends, but by creating an inclusive space where people of all ages, abilities, and experience levels can prioritize their health without pressure or pretense.

Owned by Brandi L. Strickland, Autumn Moon's Yoga and Holistic Healing offers a comprehensive range of services, including yoga instruction, meditation, massage therapy, personal training, sauna sessions, and private wellness appointments. Strickland's diverse professional background in yoga, massage therapy, mindfulness, Reiki, meditation, and fitness allows the studio to meet clients where they are, whether they're seeking stress relief, improved mobility, greater strength, or simply a healthier routine. The studio's philosophy centers on progress over perfection, encouraging individuals to build sustainable habits that support long-term wellness while making holistic care approachable for everyone.

"This award reflects the incredible community that has trusted us with their wellness journeys," said owner Brandi L. Strickland. "Every person who walks through our doors has different goals, challenges, and experiences. We're honored to provide a space where people feel welcomed, supported, and empowered to care for themselves in ways that fit their lives."

As conversations around mental health, stress management, and preventive wellness continue to grow, Autumn Moon's Yoga and Holistic Healing remains committed to providing services that help clients reconnect with themselves through movement, recovery, education, and mindfulness. Receiving the 2026 Best of Kentucky Regional Award recognizes not only the studio's commitment to individualized care but also its ongoing mission to make holistic wellness accessible, practical, and meaningful for the Lawrenceburg community and beyond.

For more information, click [here](#).

Autumn Moon's Yoga and Holistic Healing
Autumn Moon's Yoga and Holistic Healing

+1 859-265-1096

[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/930028141>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.