

WAYS TO EXPERIENCE THIS WORK

There are several ways to engage with this work, depending on where you are and what you're seeking.

Books & Courses

Reflective tools for self-awareness, emotional growth, and intentional living—designed to be revisited through different seasons of life.

Guided Individual Experiences

Somatic and reflective sessions that support nervous-system regulation, emotional clarity, and embodied awareness.

Workshops & Group Gatherings

Facilitated experiences for studios, wellness spaces, organizations, and community groups seeking grounded mental wellness support.

Collaborations & Speaking


Thoughtful, accessible conversations on mental wellness, rhythm, self-awareness, and embodied change.

Each experience is trauma-aware, optional, and guided at an individual's own pace.



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WILD MOON HEALERS®

*Holistic Mental Wellness
& Reflection*

WHAT I DO



I create spaces where people feel safe enough to return to themselves. My work focuses on awareness, emotional regulation, and embodied reflection—supporting individuals as they navigate stress, transition, and inner change.

Through writing, guided experiences, and somatic practices, I offer grounded tools that help people notice patterns, release what no longer serves them, and move forward with clarity and intention.

This work isn't about fixing who you are.

It's about learning how to listen.

ABOUT

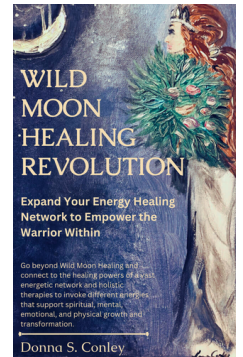
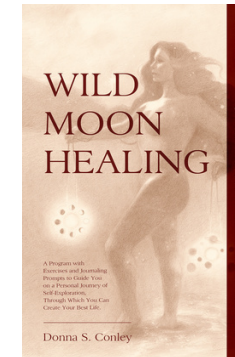


Donna S. Conley is a holistic mental wellness author and somatic practitioner who helps people slow down, reconnect with themselves, and navigate change with clarity and self-trust.

Her work bridges emotional health, embodied awareness, and reflective practices in a grounded, trauma-aware way. Rather than focusing on fixing or forcing transformation, Donna invites awareness—helping people notice patterns, regulate emotions, and move forward with intention.

She uses natural rhythms, especially the lunar cycle, not as mysticism, but as a practical framework for reflection and intentional change.

THE WORK



The Wild Moon Healers'® philosophy offers a reflective framework for understanding emotional patterns, inner rhythms, and personal change.

Rather than prescribing answers, this work invites awareness—helping people pause, reflect, and make choices that align with who they truly are.

Lunar cycles are used as a practical rhythm for noticing what's emerging, what's ready to be released, and what's ready to evolve.

This work is not about becoming someone else.

It's about learning how to live in rhythm with yourself.

Explore more at wildmoonhealers.com.