



FOR IMMEDIATE RELEASE...

February 13, 2019

LIVING WHOLLY ANNOUNCES ATTUNE, A TRANSFORMATIVE FOUR-DAY WELLNESS EVENT

Keynote speakers include Elizabeth Gilbert and Dr. Joe Dispenza



Attune is set to take place outside of Atlanta this November 8 - 11, 2019

ATLANTA: LA-based [Living Wholly](#), today announced their forthcoming wellness event, [Attune](#), taking place 30 miles south of Atlanta at the utopian community of Serenbe. The event will offer attendees a transformational weekend full of inspirational speakers, powerful workshops, immersive experiences, and practical tools to support the journey of awakening. The weekend is filled with opportunities to connect, attune and get inspired by the phenomenal speakers, Nature and human connection.

Confirmed speakers to-date include **Elizabeth Gilbert**, renowned author of global phenomenon *Eat, Pray, Love*, **Dr. Joe Dispenza**, expert in supernatural neuroscience, Ayurvedic nutritionist **Sahara Rose**, *New York Times* science journalist **Max Lugavere**, spiritual guide and healer **Shaman Durek**, Facilitator + Teacher on the topic of relationships and intimacy **John Wineland**, meditation and mindfulness expert **Light Watkins**, transformative movement teacher, **Taryn Toomey**, yoga and meditation mentor **Caley Alyssa**, mindfulness based psychotherapist **Lena Franklin** and many more world-renowned presenters. The event will also feature live music by soulful duo, **Aykanna**.

“Attune was born from a deep calling to offer high-caliber content in a thoughtfully curated experience that supports people on the journey of being human, reviving the dwindling art of in person connection, and receiving education that inspires and informs healing while accelerating the evolution of one’s consciousness,” said Jenny Emblom, founder of Living Wholly and creator of *Attune*.

Serenbe, a wellness community just outside the city of Atlanta, will provide the idyllic backdrop for a weekend of learning and growing. The Serenbe community is set in a 1000-acre oasis, with forests, meadows and miles of trails to explore and reconnect with nature. Guests will have the opportunity to fully immerse into mind-blowing content, accessible meditation, cathartic movement practices, time in Nature, seated dinners under the stars, slowing down and returning to a natural rhythm. This is an invitation to adapt healthy lifestyle choices whilst getting inspired with like-minded women + men. Part retreat, part workshop, part celebration: Attune provides attendees with a balanced and nurturing experience of what living wholly can feel like.

“I was inspired to host Attune in the South because I was born and raised in Alabama and still have deep roots in the area,” said Emblom. *“After producing 75+ events in Los Angeles and Aspen, I felt called to make a greater impact in a market that wasn’t as resourced with experiences like Attune. I’ve experienced Atlanta and the southeast as a market filled with progressive individuals, eager to take the journey offered by an event like Attune. Serenbe’s commitment to Nature, wellness + sustainability supported the natural alignment for the event location.”*

Every day of Attune will be filled with keynote speakers, workshops, movement classes, guided practices, organic and locally sourced juice, smoothies and thoughtfully curated menus, and opportunities to connect with other attendees. From a heart opening experience with the Class by Taryn Toomey, to an inspiring talk about Creative Living Beyond Fear with Elizabeth Gilbert, to a Cha Dao tea ceremony with Baelyn Elspeth, and a mind-expanding immersion with Dr. Joe Dispenza, there will be no shortage of engaging and transformative experiences for guests.

Tickets for *Attune* are on sale now. There is an option for all types of wellness-seekers, including single day passes, weekend passes, and all-inclusive packages that include a stay at one of three properties (Serenbe, Fox Hall, Renaissance). Early bird pricing is available now through March 12. See the full schedule, learn more, and purchase tickets [here](#). #TimetoAttune

About Living Wholly: Founder Jenny Emblom created Living Wholly with the intention of staying inspired and on track with her health, while cultivating community and soaking up the wisdom that surrounds us in the wellness world. Living Wholly is a platform that supports Women and Men on the path to radiant health – inside + out. By curating unique, live events that offer human connection and experiential learning, we support people seeking guidance in a world of information overload. Our online platform provides virtual content featuring Experts in health + wellness, offering our audience an introduction to these leaders as they seek greater levels of guidance on their journey. Follow along on social media @Living_Wholly.

Media Contacts: Erin O'Brien + Tara Murphy | 360 Media, Inc. | 404-577-8686 or erin@360media.net

###