

GOODSTONE

Inn & Restaurant

MEET YOUR RETREAT FACILITATORS

AURORA HUTCHINSON, M.A.

Aurora Hutchinson, M.A., brings a wealth of expertise and a calming presence to the Goodstone wellness retreat series, offering participants a serene path to renewal. As a seasoned holistic wellness practitioner, Aurora artfully blends mindfulness meditation, hypnosis, iRest Yoga Nidra, Reiki, and nature-inspired mindfulness techniques into her practice. Grounded in neuroscience and pharmacology, she employs an evidence-based approach, empowering her clients to create meaningful, long-lasting transformations.



Aurora's offerings cater to individuals seeking stress management, healing through life transitions, and improved well-being. With years of experience leading group classes, intimate workshops, corporate seminars, and private sessions, she has honed a reputation for delivering personalized care in an inviting and luxurious environment. She is also the creator of Mindful Reinvention, a Substack publication dedicated to exploring resilience, mindfulness, and personal growth in midlife and beyond.

Join Aurora at Goodstone, where her compassionate guidance and refined techniques will help you rediscover clarity, connection, and balance amidst the tranquil Virginia countryside. Indulge in her offerings, including private sessions in mindfulness meditation, hypnosis, Reiki, and stress management, all designed to nurture your next chapter with thoughtful precision and care.

WWW.AURORAHUTCHINSON.COM