

LA Unscripted | July 10th, 2023

<https://silosolo.com/493410>

Summary

LA Unscripted explores spirituality and wellness in Los Angeles. The Second Home is a creative workspace in LA that focuses on biophilic design and offers a wellness program with classes like sound bath meditation and yoga. It also provides tarot reading services. Back Benders is a wellness space in LA owned by Doctor Betty, offering various modalities including sound therapy to help with trauma and unprocessed emotions.

Silo sample questions

- What is Second Home?
- What services does Second Home offer?
- What is Back Benders?
- How can sound therapy help with trauma and unprocessed emotions?

Topics

Spirituality in LA

Second Home - a creative workspace

Wellness program at Second Home

Taro reading services at Second Home

Sound therapy and healing at Back Benders

Key Takeaways

- LA Unscripted is a series that explores spirituality and wellness in Los Angeles
- The Second Home is a creative workspace in LA that focuses on biophilic design and wellness
 - Second Home offers amenities for its members, including a wellness program with classes like sound bath meditation and yoga
 - Second Home also has a tarot reading service, where a spiritual guide named Letty provides readings to guests
 - Sound therapy and healing is offered at Back Benders, a wellness space in LA, by Doctor Betty

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