

McKenzie Nicewander is a board certified Music Therapist (MT-BC), rune reader, and rune artist. McKenzie owns and operates two businesses, [Music Wellness with McKenzie](#) and [WitchRunes](#). Music Wellness with McKenzie is her music therapy practice which aims to foster mind, body, emotional, spiritual, and interpersonal connection through music. Offering these services in a group format, McKenzie pulls in elements of music including live music, songwriting, music making, and active music listening to create an experience of inclusivity, success, and connection. WitchRunes is McKenzie's spiritually focused business which utilizes the Norse Elder Futhark Runes to help individuals grow and feel empowered in their personal spiritual journeys. As part of this, McKenzie creates and sells handmade, energetically charged rune artwork, jewelry, and rune sets. She also offers rune readings and rune classes as part of her mission of spiritual self empowerment.

McKenzie feels that both her music therapy practice and her rune work are integral parts of who she is as a healer. When doing a rune reading, she will often bring in her understanding of mental health and human behavior to create a full bodied reading experience. When leading a music wellness group, she will often tie in the experiences of connection to one's spirituality and spiritual journey. Overall, it is McKenzie's goal to help everyone that she works with forge their own path towards mental and spiritual wellness and healing.

To keep up to date with future music wellness sessions, follow the [Music Wellness with McKenzie Facebook Events Page](#). To keep up to date with future markets and in person rune reading events, follow the [WitchRunes Facebook Events Page](#).