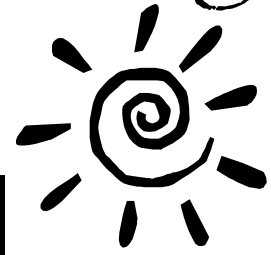


Bridges To Healing Newsletter

August 2007



Friday Family Fun Yoga!!!!

Beginning Sept 7th 5-6pm,
bring the family & enjoy
yoga together!!!
call for more info

Neuro-Muscular Repro...What???

Dana Woodward is a Certified Massage Therapist who offers to **Bridges To Healing** her services in Thai Massage and Neuro-Muscular Reprogramming. Neuro Muscular Reprogramming Is a form of bodywork that uses muscle tests/challenges as a way to communicate with the motor control center of the brain. This allows the body to rapidly break compensation patterns from injuries or overuse. This is a very effective way of eliminating much of the pain from strains, injuries, repetitive use or even more dramatic conditions such as whiplash and sprains.

Thai Massage is an ancient art of body therapy for healing, health, and transformation. Thai Massage is also sometimes known as "Lazy Man's Yoga" as it is an interactive manipulation of the body using passive stretching and gentle pressure along energy lines. The effect is uniquely relaxing as well as energizing. Receiving a Thai massage is a bit like doing yoga without putting forth any effort while also getting acupressure treatments! Sessions typically last two hours, and are performed on a floor mat with the client dressed in comfortable loose clothing. Thai Massage uses two primary procedures - applying gentle pressure with the hands and feet, and a wide variety of passive stretching movements. Dana also offers Manual Lymphatic Drainage Massage.

We are so happy to support her incredible talents through our wellness center. I know that we will all be grateful for her services. To schedule your appointment to try some of Dana's healing techniques, please give us a call.

Did You Know?

- ❖ Our Tuesday evening Tai Chi class has room available?
- ❖ We now offer early morning Stretch Classes?
- ❖ For those who want the strength of a man and accuracy of a former massage teacher, Damon Williams is now available for massage appointments?
- ❖ We have Web Specials and neat tips on our website as well as updated class schedules?
- ❖ We offer Saturday appointments?
- ❖ Pilates has been proven to help your golf game?
- ❖ Wellness is **not** a luxury, when you feel better, you live better, love better and work better! How can we help?

We Can
Now Take
Credit
Cards!!!
Visa, Mastercard,
Discover &
American Express

Upcoming Events

August

3rd Free Drop In
Healing Clinic

Chiropractor Dr. Kat
Welborn begins every Fri
afternoon!!!

The Dr. is In!
Chiropractic Care every
Friday afternoon...call
for your appointment
with Dr. Welborn

September

7th Free Drop In
Healing Clinic

7th First **Friday
Family Fun Yoga
Class** from 5-6pm

21st Wellness
Education Speaker
Dr. Welborn on Stress &
Nutrition

*Gift Certificates
Always Available*

Wellness Education & Speakers

Beginning in September, Bridges To Healing will offer a once a month Wellness Education Evening with different presentations and speakers. On **September 21st at 6pm**, Dr. Kat Welborn, Chiropractor, will host a discussion on **Stress & Nutrition for the whole family**. During the transition into autumn, back to school and pre-holiday spirit, learn how to support your body through good stress and bad.

In October, we are proud to bring Dr. Susan Johnson, a well known child developmental specialist to offer her expertise on some challenges facing our children today and how to support the whole family.

More wonderful speakers to come offering topics in wellness and healing. Please see our website for updates.

coupons available for those
on the mail list. Please email
beth@bridgestohealing.info
to be added to our list.

please use by 10-31-07*

Bridges to Healing

Yoga • Massage • Wellness
for Adults and Children

(530) 320-3499

www.bridgestohealing.info

***Next issue:

Interview with chiropractor, Dr. Kat Wellborn, Autumn is the time to release, Who is Yoga really good for?

Namaste