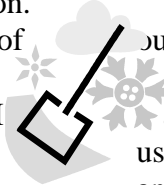


Bridges To Healing Newsletter



Riding out the Winter Storm

without a doubt this has been quite a winter season. Winter is a time of quiet reflection where the seeds of change can lie dormant and rest as they prepare to burst forth in color and renewed energy in Spring. I can say that there has been nothing quiet about this Winter and all of its storms and strength. Mother Earth has shown her power in heavy winds, constant down pours and quick freezing blankets of snow. It has been cold and treacherous around here and other parts of the country. It has taken great strength to hold constant in the storm and keep the seeds of change safe within our hearts.



As strong as Winter's energy has come in, so has grown our hearts. I feel scrubbed clean by those strong winds and the warmth of our community is melting the snow all around. Spring is in the air, breaking up Winter's hold on us. Are you ready? Let us help strengthen your body, mind and Spirit as you prepare to emerge from Winter whole, well and feeling stronger than ever. Massage, pilates, yoga, chiropractic, life coaching, and a strong place of community connection are waiting to embrace you and offer you a bridge out of Winter and into Spring.

Changes at Bridges To Healing for You!

The dynamic of **Bridges To Healing** has been growing and changing since I opened my doors officially almost two years ago. Once again, you will find a noticeable difference in how we are working with each person. While massage continues to be offered by a variety of practitioners in a wonderful selection of methods in order to best serve each individuals needs at any time, our group dynamic is changing. With the sudden departure of Damon Williams and the arrival of the apparatus pilates equipment it has offered the opportunity to change focus. Our wellness center will now focus more on individual and

small groups rather than trying to build classes and offer larger group activities. This is a wonderful way to make sure that each individual is getting as much focus and detail in their wellness journey as we can offer. I am excited to continue to serve everyone's unique and beautiful path to their ultimate wellness in mind, body and Spirit. Several clients have commented on the positive energy and focus that they feel within the wellness center. I am so grateful for all of the opportunities that are offered to learn and change as we grow.

Lomi Lomi Massage from Hawaii



Have you met Stephanie Kuna? She is a talented massage therapist from within our community who has been working down the hill for quite some time but has turned her focus back home and we are so grateful. She is trained extensively in massage with therapeutic, deep tissue, thai and more but also brings the additional method of a Lomi Lomi massage. I had the pleasure of receiving her energetic and nurturing care and will recommend this for anyone looking for a complete and thorough massage experience. Please call to try this wonderful therapist and her talents, you will feel sooooo glad you did.

Apparatus Pilates Sessions
\$25ea when you buy
4 sessions Only thru March
Great Way to Shape up for Spring!

*Credit
Cards
accepted*

*Coming Soon: April 4th 7pm
Women's Moon Lodge
Call for more info*



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Who do you know that needs a massage?
Refer 4 friends for 1 hr or more massage and get a **FREE** Massage! (talk about win win)

Cancellation Policy
All cancellations within 24 hours prior to scheduled timewill be charged 50% of planned services.

Namaste