

# Bridges To Healing Newsletter



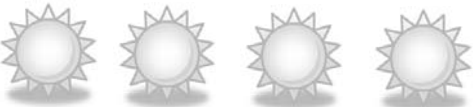
## Special of the Month

### Beginning in June

### Teacher Appreciation!

Beginning in June, the therapists at **Bridges To Healing** have decided to honor a special population each month. For **June** it will be **teacher appreciation month**. We will include any full time teacher, administration or staff at a primary, middle or high school to receive **10% off** any massage of 1hr or more and there will be a **drawing each week** for one lucky person within this population who fills out an interest form to receive a **free massage** from one of our therapist. Interest forms can be found online at [www.bridgestohealing.info](http://www.bridgestohealing.info). We all feel that teaching is extremely stressful and we want to show our appreciation.

In **July** we will honor **fire fighters**. Stay tuned for what comes next!.



## Demo Day

### June 21st

Saturday June 21st from 11am-2pm our therapists and practitioners will be offering short demonstrations of their work from chair massages, foot massages, head massages, pilates demonstrations, life coaching demonstrations and more. Come and enjoy these wonderful therapists and the variety of healing techniques offered at **Bridges To Healing** and some yummy refreshments as well. Be ready to ask questions and experience something new! Only \$5 to get in or bring a friend and **GET IN FREE!**

## New Pilates Classes

Beginning in June a Pilates Circuit Class will be offered every Thursday evening from 6-7pm and Open Hours will be offered Wednesday evening from 6-8pm and Saturday Morning from 9-11am. The Circuit Class will be 5 pilates stations varying from floor to apparatus for two sets of 5 minutes each. Class will be full at 5 people. Open Hours are when the equipment is open for use with limited supervision. A

membership fee of 1x a week per month or 2x a week per month will be required. Anyone participating in either is required to have had a minimum of 4 private sessions and maintain at least one private session a month in order to insure safety and proper use of the equipemnt. For more info please call or see website. Semi Private lessons are also available so find a buddy and lets get started!

## Featured Therapist *Stephanie Kuna*

Stephanie is a talented massage therapist working with several modalities. She has trained in Hawaii & Thailand as well as here in the U.S. Please call to try Stephanie's wonderful work from **May 15th to June 15th** and receive **\$20 OFF** any massage with her of *one hour or more!* not available w/any other offer.

### **Bridges to Healing**

Yoga ♦ Massage ♦ Pilates  
Wellness for Adults and Children

**(530) 320-3499**

[www.bridgestohealing.info](http://www.bridgestohealing.info)

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**Apparatus Pilates  
Sessions \$25ea**  
**when you buy  
4 sessions**  
**Ends at the end of  
June!**

\*Gift Certificates  
Always Available\*

**Credit  
Cards  
accepted**

**Who do you know  
that needs a  
massage?**  
Refer 4 friends for 1 hr  
or more massage or  
pilates session 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.

**Coming Up!!!**  
**Friday June 20**  
Tea Club at Rose Mountain  
Manor 11am  
**Saturday June 21**  
Demo Day 11a-2p (see above)  
**Saturday July 5th**  
Colfax Pride Celebration-All  
DAY! Chair Massages & More  
downtown among the  
many festivities and fun!  
**Friday July 11**

Women's Moon Lodge 7pm  
*N a m a s t e*



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**Studio Location**

233 S. Auburn St. Ste 255  
Colfax, CA

**2nd Location (Mondays Only)**

161 Palm Ave. #3  
Auburn, CA

**Services Provided**

Massage Services:  
Relaxation  
Deep Tissue  
Therapeutic  
Oncology  
Children  
Seniors  
Post Traumatic Stress  
Bowen Therapy  
Thai Massage  
Lomi Lomi  
Neuromuscular Reprogramming  
Myofascial  
Reiki

**Apparatus Pilates**

Pilates  
Circuit Classes & Open Hours  
Coming in June!

**Yoga Classes Available**

Classic Hatha Yoga  
Kundalini  
Personal Instruction Available

**Also Available**

Chiropractic  
Life Coaching  
Detox Footbath