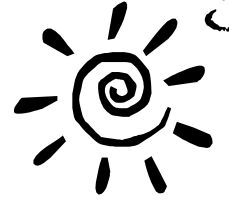




Bridges To Healing Newsletter



Happy Holiday & A Healthy New Year!

It has truly been a pleasure this year working with each client and collaborating with the other practitioners, teachers and healers who have come in and out of **Bridges To Healing**. We hope that your Holiday Season is a peaceful and healthy time for you and your family and friends.

As a time of showing gratitude, I would like to mention how grateful I am for each person who has shared their wellness journey with **Bridges To Healing**. We strive to have a safe and cooperative experience for you to come and release and regenerate. I am grateful for the lessons I have learned from each person. I am very grateful for all

of the friendships that have been created and grown. Most of all I am especially grateful to the support of my family. From aunts and uncles to parents, each offering support that has changed my life so much for the better, and of course to my children whom most of you have met in one way or another. My wish for you all is that you can feel the love and support in your lives that I feel by doing the work that I do with the wonderful people I am honored to work with and the family that I am so blessed to be apart of each day. Many blessings to you all! In absolute gratitude, Namaste. Beth Madsen

New Practitioners Waiting for You

I would like to introduce two new practitioners that will work out of Bridges To Healing. First is Stephanie Kuna who is a masterful and experienced therapist who has worked out of the area for some time and is now returning to Colfax. She is trained in therapeutic and deep tissue as well as Thai and Lomi Lomi Massage. She does a wonderful Thai foot massage if your feet need some extra lovin' as well.

Second but no less important is the introduction of Audrey Powell whom has taken a few years to focus on her family and is now returning to practice on evenings and weekends. Her training is comparable in deep tissue, sports massage and therapeutic massage as well as the

gentle myofascial. I would recommend either of these women if you are interested. It is our belief that practitioners are a personal fit for your greatest health.

This is not a spa where you might get a fluffy feel good massage, although those are available, we are here to help you progress and so we are proud to have a variety of healing methods and times at your disposal. Between myself, Damon, Dana, Stephanie, Audrey as massage therapist, Damon's classes, my classes, Dr. Kat as a chiropractor and Kathy Ogburn as a Life Coach, we hope you will utilize our services to make your new year healthy.

*Credit
Cards
accepted*

BUSINESS MARKETING CLASS JAN 12th

On Saturday Jan 12th from 9-5 in Colfax, I will be teaching a class on **small business marketing** for small business owners or those interested in owning a small business. The focus will be on bodyworkers or similar professions but the information is well utilized for any small business that needs to grow in a society focused on lack and competition. With 13 years of experience in marketing and fundraising, I will share the who, what, when, where and how of marketing with the theory of abundance for all. Class size is limited. The cost is \$75 including a \$25 deposit to hold your space. Please call to register. (530)320-3499 Do you know anyone who this might help? Could this class be a holiday gift?

Holiday Discounts on Gift Certificates & Gift Baskets!!!

- 1 Hr Massage**
\$50 (reg. 60)
 - 1.5 Hr Massage**
\$65 (reg 75)
 - 1 Bowen Treatment**
\$35 (reg 40)
 - 3 Bowen Treatments**
\$75 (reg 120)
- Ask about Chiropractic,
Pilates and Thai Massage
Certificates*

Upcoming Events

- | December | January |
|-----------------------------|--|
| 1st Client Appreciation Day | 11th Womens Moon Lodge (call Beth for more info) |
| 25th closed | 12th Small Business Marketing Class |

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)

Book January appointments with Beth in December and get 10% off if you mention this ad!

Namaste

coupons available for mail list-please email

Bridges to Healing
Yoga ♦ Massage ♦ Wellness
for Adults and Children
(530) 320-3499
www.bridgestohealing.info