

Bridges To Healing Newsletter



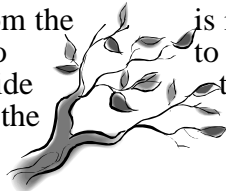
Autumn is time to Release...Let it *Fall*



Every season has it's reason, right? We are so fortunate to live in an area that offers some autumn colors. A great lesson is offered in watching the tree utilize its new growth of leaves to nourish itself and give graciously to our planet and then when it is time, the cool of autumn allows the leaves to glow in brilliant colors before they release from the tree. As the tree releases its leaves they return to Earth and crumple into the dirt and eventually hide under the winter blanket of snow. The release of the leaves becomes the nourishment for what new

growth will soon come in Spring. Notice that when release occurs there is a time of rest for nature. Winter's dark sleep offers the renewal of energy for Spring's burst of growth and color.

Just like the trees, we can use this season to think of what we are ready to release. Not only is it a good time to clean out closets but it is a good time to search inside and seek out what is no longer needed to nourish us and in fact has completed its work and is ready to be released making room for new growth.



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

*Gift Certificates
Always Available*

Just Who is Yoga Good For Anyway?



I get asked this question a lot! The answer is simple, yoga is good for almost EVERYONE! Almost all yoga can be adapted for all body types, physical levels and limitations. There are many types of yoga and some of them are contraindicated for certain conditions but probably there is some form of yoga to suit just about every body. More importantly there are different types of yoga taught in different ways by different personalities. I encourage everyone to try several kinds of yoga. We offer a Hatha/Classic Yoga with some Kundalini warm ups thrown in and a form of Hatha Yoga more meditative in nature. All of our classes are tailored to our students. We also offer individual classes. In the Spirit of Autumn, Yoga is a great release!

Stress...We All Have It Dr. Kat Talks about New

Ideas Friday October 5th..5pm

Have you ever wondered what stress does to your body? Other than your shoulders creeping up and becoming fast friends with your ears? Stress can be emotional, physical or chemical! Emotional stresses manifest in the muscles and other body systems just as much as a physical stress, such as an accident, does. Chemical stresses can be toxins you are exposed to, food you have been eating on the run, even a LACK of certain chemicals and foods can be a stress. Want to learn how to bring it all towards a better balance? That's what we will be discussing on Friday October 5th, 2007 at Bridges to Healing. We will talk about each of the stresses in more detail and give you some easy and fun ways to handle some of those stresses. Wear comfortable clothing and bring your questions, the doctor is in. :)

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

Gift Certificates
are a wonderful
holiday gift of
love & care!

Upcoming Events

September

7th Free Drop In
Healing Clinic

October

5th Wellness
Education: Dr. Kat
Wellborn on Stress &
Nutrition

5th Free Drop In
Healing Clinic

19th Wellness
Education: Damon B.
Williams

**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)

**Coupons available
for BTH mail list only**
if you would like to be on
our mail list please email
www.bridgestohealing.info
your request.

Bridges to Healing

Yoga • Massage • Wellness
for Adults and Children
(530) 320-3499

Namaste