

Bridges To Healing Newsletter



What in the world is Cellulite and How do I get Rid of it!

Not a pretty site, cellulite is still somewhat of a mystery to medical experts. It is a type of fat cell that collects in the connective tissue. Because women have a slightly different make up to their connective tissue which creates more of a lattice pattern, the fat tissues collect and cause dimpling along the skin. There are several different treatments for cellulite, some might work, some might not.

Massage is a proven method of reducing cellulite as it helps break down those fat cells and flush them away. I also have a new cellulite reducing massage tool which puts out infrared light and moves in a circular motion massaging and promoting blood flow to the area to help flush away the hills and valleys. What a great way to get rid of fat cells...a nice massaaaaahge!

FREE Presentation of Tai Chi & Chi Kung

Tuesday June 19th from 6:30-7:30pm, join Mariscela Alvarez, Tai Chi & Chi Kung Instructor to learn to move through life with grace, balance & harmony. The presentation is designed to bring awareness to the powerful benefits of the ancient exercises. This practice is suitable for ALL levels of physical

activity and is easily modified and personalized. Tai Chi and Chi Kung use a series of slow movements and stretches combined with deep breathing. For more information please call Mariscela at (530) 863-0003. Mariscela's classes will begin at **Bridges To Healing** the week of June 25th

Welcome Chiropractic Care

Bridges To Healing is proud and excited to welcome Dr. Katharina Welborn from **The Healthy Spine Center** in Auburn. Dr. Welborn will be offering Chiropractic Care out of our new wellness center in Colfax every Friday afternoon. She does gentle chiropractic for the whole body and treats people of all ages. For more information or to book you appointment gives us a call and help welcome Chiropractic to Colfax!

**Now Available
Detox Footbaths!!** 

****Next issue: Life Coach, Kathy Ogburn, What is Neuromuscular Reprogramming? Massage Program for Military and victims of trauma*

Coupons available if registered on our mail list. To register email: info@bridgestohealing.info
(530) 320-3499
www.bridgestohealing.info

Bridges to Healing
Yoga ♦ Massage ♦ Wellness
for Adults and Children

Wanna Blog?

We've gone very high tech here at **Bridges To Healing**. Not only do we have a beautiful website at www.bridgestohealing.info where you can get updated yoga, pilates & tai chi schedules and great web special coupons, but NOW YOU CAN BLOG with BETH! Just go to <http://bethsbridge.blogspot.com> and blog away. Ask questions, comment on events or ideas. We are finding ways to create bridges to you through technology. (and it's just fun!)



**Gift Certificates Available
What a GREAT
FATHERS DAY GIFT!!!**

First Friday FREE Healing Clinics

The first Friday of every month **Bridges To Healing** is hosting a FREE Healing Clinic offered by Cindy Edwards. Cindy was trained at the Berkeley Institute and has been practicing psychic healings on family and friends for the last ten years. These healings are open to ALL AGES! Cindy describes these healings by saying, "A psychic healing is a spiritual 'hello' from one spirit to another. A body becomes disturbed or diseased when there is no communication with the spirit. A healing heals the spirit so the spirit can heal the body."

Our next FREE Healing Clinic will be Friday July 5th. Come and Enjoy!

Namaste