

Location: Simply Wholistic,
Shawano, WI. Mo - Thursday 9.30a - 7p,
E-mail:
simply_wb@yahoo.com
920.639.9086 or 715.304.9169

12/02/06

I wanted to take a moment to send along
end-of-the-year greetings and wish you a very happy winter.
May the sacredness of this time fill you with warmth, remembrance, and gratitude.
The patient and waiting was fruitful.
We are going to be in a new location as of January 07 for the
8.30 am and 6pm classes in Shawano.
Thank you for your participation and the support in the yoga classes.
Please help me forward this information as I am still learning all the ins and out of the
marketing strategic.

Changes for the upcoming year:

Location, Yoga class time, free Chair yoga time and duration, basic price adjustment.
Quarterly special for service, additional classes in February in Keshena.

Group Yoga *Classes are scheduled at two locations: Zion Lutheran Church Room B25
and Primary School in Keshena, WI.*

Location: Zion Lutheran Church, 1254 S. Lincoln Street, Shawano

January: 9th, 11, 18, 23, 25th Chair yoga, 30 March, May ///break for the summer

6 sessions 48.00 Walk In: one session \$12.00

Time: Tuesday and Thursday's 8.30 - 9.30 am

6.00 - 7.00 pm

Please call me and register for the am + pm classes, we still need to have 6 students.
The room is a little bit bigger and warmer ☺ You may wear loose clothing and dress
in layers.

Call me at my mobile: 920.639.9086 or 715.304.9169 if any questions or leave your
name and phone number to register for ether am or pm classes.

Free Chair Yoga session to the community

Location: Zion Lutheran Church (Lieg/Union - located right side of street; pass
the old Shawano High School, room B25 / downstairs at T turn left) will be marked.

The room is also assessable to Handicap.

January 25th, March 29th, May 24th Time: 6.00p-6.30p (only free chair yoga
instead of PM yoga class at Zion Lutheran Church)

Continue Group Yoga Classes in Keshena, WI.

Silvia is registered with the Yoga Alliance currently at the highest level in USA with 500hours. Student of the Healing Art Center,
Menomonie, WI. -- Amma, Swedish, Tai Chi

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At Keshena Primary School

Time: Tuesdays and Thursdays 4 pm - 5.00pm

Yoga classes on January 16th are canceled at both locations for the entire day.

If you have any yoga sessions left on your punch card please use them up by January 18th.

Pending: additional yoga classes in Keshena in February, April, at 5p - 6p at Keshena Primary School. Minimum 6 students must sign up.

Please e-mail me to simply_wb@yahoo.com for comments.

YoQua or Aqua Yoga is especially great for students who have a difficult time with flexibility.

Dates month of February 2007, private group (4) teaching possible.

Location: Call me to schedule a private group in Wittenberg pool.

Yoga Classes are cancelled if Menominee Indian School District or Shawano Gresham school District has a snow day. Please listen to the radio for school cancellations.

Free

30 minute Chair Yoga

at the Keshena Primary School, Keshena

WI.

Date:

Time: new hours starting in January 4.30p - 5.00p *(only Chair Yoga that day in Keshena)*

• Gift Certificate are available \$35.00 and \$25.00

For one on one Yoga, Swedish massage as well as Amma.

• Accepting appointments for one-on-one yoga therapy sessions and massages at my home in Shawano, WI. 920.639.9086 or 715.304.9169

What is Amma Therapy?

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A form of Asian Bodywork Therapy (like Acupressure Massage) based on holistic healthcare to align your body's Qi. A smooth flow of Qi (Ch'i, KI) in the body is viewed as a sign of health.

50 minutes:

Special: Donations starting at \$ 35.00

What is Swedish Massage Therapy?

Generally regarded as the most common form of massage, Swedish massage involves a combination of five basic strokes and concentrates on the muscles and connective tissues of the body for improved circulation, relaxation, pain relief, and overall health maintenance and well-being. As time goes on I will specialize more in rehabilitation/orthopedic conditions.

60 minutes: \$80.00 Special: \$45.00

30 minute partial: (20 minutes massage 10 rest): \$30.00

What is Structural Yoga Therapy?

Focuses on your weak muscles; then strengthening or stretching the appropriate muscles in a yogic way. (Body-Mind-Spirit) Typically used to support recovery from injuries and chronic pain.

60 minutes: \$90.00 Special: 2 sessions for \$90.00 Single: 60.00

What is Reiki:

Reiki is channeling the universal energy, balancing your body in a very gentle. Feel relaxed and at peace within a short time giving you the possibility to let go; recharging your system, may it be physical, mental or emotional.

1 hour - fully clothed on a massage table: \$60.00

partial: 30 minutes \$30.00

All Special Expire: End of March 07.

All of the therapies are used for the benefit of the musculoskeletal, circulatory - lymphatic, nervous, and other systems of the body.

In fact, all the therapies positively influences the overall health and well-being of the client:

Physical and Mental Benefits:

- Relaxes the whole body
- Loosens tight muscles
- Relieves tired and aching muscles
- Increases flexibility an range of motion
 - Clams the nervous system
- Assists in recovery from injuries and illness
 - Strengthens the immune system
 - Reduces tension headaches
 - Improves concentration
 - Promotes restful sleep
 - Aids in mental relaxation