



The Navigator Newsletter: AUGUST

Featuring this Month's Classes, Workshops, Events & Specials



BALANCED SPIRIT

YOGA

Restorative Yoga
Touch Therapeutic: BackBody
Gentle Flow Yoga
Kinesio-Yoga

WELCOME AUGUST!

This is the month of YOGA! The perfect union of Physical and Spiritual Health acting as the bridge between these aspects on our Medicine Wheel. This is also the month where we emphasize a "Balanced Spirit" taming any over-active fires burning inside and being mindful of pushing too hard, all while soaking in the most out of this beautiful Summer!

This is when change sets in...or doesn't. Did you stick to your goals, stay determined, confident, and consistent with your intentions? How about that New Year's Resolution...remember that? When we truly become the change, we ascend. Our life takes a shift, our perspective has a new eye, and our

actions and reactions are calm, mindful, and efficient. And when this doesn't happen...thankfully there's YOGA to save the day!

Check out our updated **AUGUST CLASS SCHEDULE** and our featured Yoga classes: BackBody, Gentle Flow, Kinesio-Yoga, and Restorative YogaTouch.

Learn more about the healing benefits of YOGA and know that we offer **private, semi-private**, and a variety of classes for all levels.

A big welcome goes out to Sam Willits, Applied Kinesiology Practitioner, and instructor for Gentle Flow Yoga and her signature class, Kinesio-Yoga. This class is designed to offer a combo of healing Yoga and Applied Kinesiology, a muscle testing technique rooted in Chinese Medicine that aims to re-set and
balance the body's
subtle energetic flow.

LEARN MORE ABOUT SAM AND HER OFFERINGS!



Save \$25 on private sessions of Restorative YogaTouch!

(Regular Price \$150, now \$125!)

To honor this month of YOGA and bring your body, mind, spirit, and emotions into balance, schedule a private or semi-private 60-minute **RESTORATIVE YOGATOUCH SESSION** with Medicine Wheel
Founder, **Francine Bartlett**.

Francine combines her integrated skills as a Holistic Physical Therapist and Yoga Teacher into a unique healing experience using restorative yoga poses, healing touch with essential oils, sound therapy, energy medicine, and guided imagery.

Featured this month:

INJURY CARE HEALTH PLAN PROGRAM

An integrated and customized injury care and rehab therapy program that sets you up on the best healing path whether you have a new or old injury or want to be proactive with preventive care.



The flyer is for the "INJURY CARE HEALTH PLAN PROGRAM" by "BALANCED SPIRIT". It lists four benefits: one 45-minute injury-care session, one 30-minute injury care follow-up session, one 60-minute manual therapy session, and two weeks of unlimited fitness studio classes. It also includes a description of the program and a price of \$275.

- ❖ ONE 45 MINUTE INJURY-CARE SESSION
- ❖ ONE 30 MINUTE INJURY CARE FOLLOW-UP SESSION
- ❖ ONE 60 MINUTE MANUAL THERAPY SESSION
- ❖ TWO WEEKS OF UNLIMITED FITNESS STUDIO CLASSES*

The Injury Care Health Plan has been designed for non-emergency orthopedic and sports injury recovery as well as healing from chronic, low-grade discomfort. It is ideal for those transitioning from physical therapy and seeking an affordable injury recovery plan. \$275

BALANCED SPIRIT

Our **AUGUST WORKSHOP SCHEDULE** brings you Foundational Training: Foot/Lower Leg, A FREE talk on Healing Wisdoms from the Peruvian Andes, Intro to MELT Method, Yoga on the Trail, an "I AM" course from New Wisdom University, and a Pre/Post Natal Pilates 6-week series begins on the 28th!



August "Yoga Month": Specials from our Wellness Boutique:

You say Yogi-Toes, we say Correct Toes! Your feet are where your foundation starts and to be rooted from the ground up requires healthy, happy feet. Spread your toes, gain full contact with the ground, and find balance! [Learn more about the healing benefits of Correct Toes](#) and take advantage of 15% savings in our Wellness Boutique

all month long.

Our Yoga Accessories: Mats, Eye Pillows, Blocks, Straps are also

15% off this month!

Wellness Boutique Hours:

Monday-Friday 9:00am-5:00pm

"Medicine Wheel Wellness offers a holistic healing model to optimize health & wellness.

Through a balance of the physical, mental, emotional, and spiritual aspects of well-being, we integrate Modern Medicine & Ancient Wisdom to guide our methods.

Our Service Providers are experts in their healthcare field and offer services as a complementary collective providing greater accessibility, affordability and efficiency."

-Francine Bartlett, PT, DPT, ATC, RYT

Founder/Owner, Director of Health & Wellness Services



Schedule a [FREE Orientation](#) or [Holistic Wellness Assessment](#) to learn how the Medicine Wheel can guide you on the path to optimal health, healing, and happiness.

Learn more about our story and healing protocol
from the Best Selling Book:

["The Way of the Medicine Wheel"](#)

*Available in our wellness boutique and at [Amazon.com](#)



MEDICINE WHEEL WELLNESS

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