



The Navigator Newsletter: OCTOBER

Featuring this Month's Classes, Workshops & Specials



ENERGY HEALING
 Spiritual Direction & Education
 Shamanic Healing
 Reiki, Earthing™
 BEMER PEMF
 BioMat Far-infrared Therapy
 Gia Wellness EMF Solutions

Welcome October!

We have officially entered the Fall season. Last month was directed toward checking in and assessing if you're living a balanced life and identifying where to start. This month, as our nights get colder and darker, it becomes important to acknowledge where your own darkness lies.

What part of your life is "FALLING" short from where you want to be?

What is it you need assistance with?

Where do you feel stuck? What is it that you want to improve?

Whether you have a new injury, chronic condition, or want to improve fitness and performance, the Medicine Wheel initiates healing by looking within and acknowledging not only your Physical Body but also your Energetic Body. Our Energy Body, often referred to as "Life Force", "Soul" or "Self", is the fuel inside each and everyone of us that gives us life. It's like the gasoline of a car. Your unique Energy is the fuel and your Physical body is the vehicle, and in order to drive or have movement, both are required to work in unison.



Your Energetic Body's anatomy is defined by the Chakra System. Long before modern technology and science, ancient cultures knew that all living things carried a "Life Force" within them. "Chakra" is a Sanskrit word that means "Wheel". So just as we care for our Physical body with the Medicine Wheel, we care for our Energy body with the Chakra System through the practice of Yoga and specialized Energy Therapies offered by our providers:

Mary Raymakers, Master Sacred Shaman

Energy Medicine Private Sessions

Simply Health of Jackson Hole

Check out their "Sample Simply" Introductory Offer this October:
One HOCATT, One BioCharger, One Footbath, and 20% off an additional service for \$199 (\$294 value)

[Learn more about Simply Health's Energy Therapies](#)

Our **Healing Mat Therapies** also work with your Physical and Energetic body systems to detox, reduce pain and inflammation, regulate circulation, reduce stress, and improve immunity. Take advantage of our special **TWO FOR ONE** savings this month. Book

your first session of either **BEMER** or **BioMat** and receive a second session for FREE!



Healing Mat Therapy

at Medicine Wheel Wellness



BEMER
GROUP

Bemer® is a 20 yr-old technology from Germany that feeds information to the human body to optimize cellular blood flow of nutrients and oxygen to all tissues and organs.

Bemer® uses Pulsed Electro Magnetic Field (PEMF) to deliver its patented bio-rhythmic waveform as the carrier of information to help increase blood flow.



BioMat

By producing deep-penetrating, far infrared rays along with negative ions that activate the body at the molecular level, the BioMat is capable of administering deep soothing stimulation.

The BioMat's medical and therapeutic properties are based on the same infrared technology that NASA identified as the safest, most beneficial type of light wave.

Bemer Benefits:	BioMat Benefits:
<ul style="list-style-type: none">• Enhancement of general blood circulation• Promotion of nutrient and oxygen supply• Increase in waste disposal• Support to the immune system, detox• Improvement of cardiac function• Improvement of physical fitness, endurance, strength & energy• Improvement of concentration, mental acuity, & relaxation	<ul style="list-style-type: none">• Promotion of overall relaxation• Promotion of restful sleep• Support to the immune system, detox• Reduction of fatigue & stress• In areas where applied:<ul style="list-style-type: none">• Relief from minor muscle & joint pain• Increased blood circulation & oxygen to tissue• Reduced inflammation

[Learn More about BioMat & Book Your First Session](#)

[Learn more about BEMER & Book your First session](#)

Our **OCTOBER CLASS SCHEDULE** continues with your favorite Rehab-Fitness, TRX, Strength, Pilates, and Yoga classes. For emphasis on balancing your Energy Body try out these new additions:

Qi Yoga: Tuesdays & Thursdays, 5:30-6:30pm

Restorative YogaTouch: Thursdays, 6:45-7:45pm

Kundalini Yoga: Mondays, 6:45-7:45pm (starting Oct 15th)

Welcome to our Instructor Team!

Cheryl Askegreen will be instructing Qi Yogi to kickstart the month and brings Kundalini Yoga to our Medicine Wheel.

Kim Armington has a strong background in clinical Physical Therapy and specializes in Pilates, Women's Health, and will be teaching Mat Pilates and Pre/Post-Natal Pilates every Tuesday and Thursday!



Our speciality workshops for the **Shouder & Spine (Oct. 16th)** and **Pre/Post-Natal Pilates (Oct. 9th-Nov 15th)** reduce stress, tension, and bring you to a healthier, happy body physically and energetically.

[Learn More & Register](#)



This month our **Wellness Boutique** features

15% off our Spiritual Health Gifts & Earthing Products.

Earthing is a specialty brand who has created products to keep your body in the energetic, natural rhythms of the Earth. Stop into our Wellness Boutique

Monday-Friday 9am-5pm for these savings!

[Learn more about EARTHING](#)

"Medicine Wheel Wellness offers a holistic healing protocol 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](https://www.amazon.com)



MEDICINE WHEEL WELLNESS

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