



# The Navigator Newsletter: DECEMBER

Featuring this Month's Classes, Workshops & Specials

## Mental

## Happy Mind

SOUND HEALING




MENTAL HEALTH





ELDER
BUFFALO
NORTH
ENDURANCE
WINTER
EARTH



### MENTAL HEALTH

- Positive Psychology
- Neurofeedback
- Mental Health Counseling
- Mental Fitness Training
- Guided Imagery
- Meditation

WELCOME DECEMBER!

The final month of 2018 is here and our Medicine Wheel points us North to welcome Winter. This time of the year is about gaining awareness, clarity, and setting goals. Consistency, focus, and dedication is how this is achieved and also what is required of us to find balance as we head into a long Winter ahead.

Facing challenges that will come up this month, a busy holiday season and more demand on the body can lead to mental anguish and undue stress. In nature and from our Medicine Wheel, we draw from the strength and stamina of the great Buffalo to give us the endurance to stay dedicated to the process. We

gain direction from the paths set before us by honoring and reaching out to our Elders and Mentors. Whether these leaders in your life set you on a path of ease or hard lessons learned, use this knowledge to **asses the changes you want to make and start to create your goals list**. You should know by now what comes next month...that goals list will become your well-defined New Year's Resolutions! So charge forward as this month is about work and keeping up with what's necessary to turn intentions into manifestations.

Mental Health includes Brain Health and that's the name of the game this month. Not only clear and focused thoughts but also accurate and efficient actions. With stress, trauma, pain or poor sleep and eating habits, the neurological switches in our brain can be heightened or inhibited sending mixed signals and keep you stuck in an undesirable pattern making it impossible to set valuable goals and stay dedicated to the process.

Our Mental Health Services including Positive Psychology, Injury Recovery Coaching, Neurofeedback, Guided Imagery, and Meditation can help you gain clarity and purpose to be effective and consistent with your direction toward optimal health and finishing off the year feeling your very best.

**Learn more about our Mental Health Practitioners and Services:**

**Ryan Burke, Licensed Professional Counselor**

**Nick Krauss, Injury Recovery Coach**

**Concussion Screening Clinic, Dec. 4th & 18th**

**Nick and Ryan are both offering FREE Initial Consultations and 20% off private sessions this December to support Mental Health Month and your effort to step-in to a healthier and happier life!**

**Book Your Appointment**

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Find emphasis on Mental Health and gain clarity through guided meditation and breathwork in our BackBody Yoga, Kundalini Yoga, and Restorative YogaTouch classes. And for greater depth into your Mental, Emotional, and Spiritual Health, join our new InnerDance group classes offered by visiting Energy Medicine Practitioner, Severin Weilenmann.

### **InnerDance Open Classes:**

Friday, 7th 5:45-8 pm

Wednesday, 12th 6:45-9pm

Friday, 14th 6:45-9pm

(more details below!)

View our full **DECEMBER CLASS SCHEDULE**

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### **December Workshops & Events**

We welcome Energy Healer and Growth Facilitator, Severin Weilenmann all the way from Zurich, Switzerland to Medicine Wheel Wellness, December 2nd-14th! Throughout these special two weeks Severin, a gifted practitioner in the healing modalities of InnerDance, ThaiYoga Massage, Emotional Reprogramming, and YouIWe Practice is offering private sessions, group classes, an Emotional Cleanse Workshop (Wednesday, Dec. 5th, 6:45pm), and an InnerDance Facilitator Energy School Training.

[For details on all Events & to Register](#)

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Make your gift giving this holiday season valuable to your friends & family members AND easy on you!

Give the Gift Of Health & Wellness!



## GIFT CERTIFICATES ARE AVAILABLE FOR ALL OF OUR SERVICES!

### Best Holiday Ideas:

**CLASS PACKS** -- 5, 10, 20, and unlimited options

**BODYWORK** -- Massage, Fascial Stretch Therapy, Applied Kinesiology and so much more!

**CUSTOM HEALTH PLAN PROGRAMS** -- choose from Wellness, Detox, Injury Care & Sports Performance

**[LINK TO ALL SERVICES & RATES](#)**

### Top Holiday Sellers in our Wellness Boutique:

**OPEDIX KINETIC HEALTH GEAR** -- Base-layer tights and shorts scientifically proven to reduce knee pain and fatigue.

**THERAPEUTIC HEALING MATS & PILLOWS** -- Soothe tired and tight muscles, reduce stress, detox, and sleep better!

**Our Wellness Boutique is open Monday-Friday, 9am-5pm. Stop in or give us a call to get the best gift option and make your holiday shopping easy and worthwhile!**

**HAVE A HAPPY & HEALTHY HOLIDAY SEASON!**

**WE WILL BE CLOSED Dec. 24th & 25th**

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*"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 our 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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