

# Bridges To Healing Newsletter Children's Wellness



When my son was first diagnosed with Autism I researched and researched what could help him. We began our long and continuous journey into alternative healing methods which is what drew me into this work. The only problem with these methods is that insurance did not cover any of it and practitioners charge an arm and a leg making it impossible to continue or in some cases even begin. As I became more educated about the benefits of alternative healing, I realized that not only special needs children benefit but so do typically developed children.

We live in a stressful environment both physically and mentally. Children are asked to learn intense concepts much earlier than in the past and are socialized in more mature and sophisticated ways. Television, video, computer and radio input are frighteningly fast and overwhelming. Our children seem to handle so much. Auto-immune disorders are on the rise from stress and environmental toxins

polluting our environment and parents are less available as they work endless hours trying to find balance between paying the mortgage or rent and their families. Children are sicker and nutritionally depleted and emotionally confused and handling a higher level of stress and chaos than we ever did.

At **Bridges To Healing**, I offer a children's massage at a discounted price. Children 14 and under qualify for this discounted price and would benefit so beautifully from healing touch, learning to be quiet as the energy is focused solely on their well being. Younger children can participate in an interactive story as we move around the body speaking of angels, fairies and gnomes and even sing songs together. I even teach parents that are interested various techniques to help them support their children's health. Special Needs or Typically Developed can all benefit from our experience, wellness and healing.

*Yoga Class cancelled  
Fri 4/25 & Wed 4/30*

## Special of the Month beginning in June

Beginning in June, the therapists at **Bridges To Healing** have decided to honor a special population each month. For **June** it will be **teacher appreciation month**. We will include any full time teacher, administration or staff at a primary, middle or high school to receive **10% off** any massage of 1hr or more and there will be a **drawing each week** for one lucky person within this population who fills out an interest form to receive a **free massage** from one of our therapist. Interest forms can be found in front of the studio location or online at [www.bridgestohealing.info](http://www.bridgestohealing.info). We all feel that teaching is extremely stressful and we want to show our appreciation for all that they do.

In **July** we will honor **fire fighters**. Stay tuned for what comes next!

**Apparatus Pilates  
Sessions \$25ea  
when you buy  
4 sessions  
CONTINUED!**

*Tea Club Fri 6/20 11am  
Women's Moon Lodge 7/11 7pm  
Call for more info*

*\*Gift Certificates  
Always Available\**

**Credit  
Cards  
accepted**

**Who do you know  
that needs a  
massage?**

Refer 4 friends for 1 hr  
or more massage or  
pilates session and get a

**FREE** Massage!  
(talk about win win)

**Cancellation Policy**  
All cancellations within  
24 hours prior to  
scheduled time will be  
charged 50% of planned  
services.

## Coming Up!!! Saturday May 3rd

Spring Green Festival 9-3pm  
Sierra Vista Cmty Ctr, Colfax  
Chair Massages & Drawings  
\*Gift Certificates

## Friday May 16th

Yoga class ends with a Walk at  
Weimar and Lunch at the  
Weimar Institute

## Saturday May 17th

Colfax Car Show

Chari Massages, Drawings &  
Gift Certificates Downtown Colfax  
**Saturday June 21st Demo Day**  
Demo massage techniques

*Namaste*



**Gift  
Certificates  
For Mom!  
\$10 Off  
Gift Baskets or  
Gift Certificates  
for *Mother's  
Day***

**Bridges to Healing**  
Yoga ♦ Massage ♦ Pilates  
Wellness for Adults and Children  
**(530) 320-3499**  
[www.bridgestohealing.info](http://www.bridgestohealing.info)