

# DECATUR WELLNESS COLLECTIVE

September 2022 Newsletter

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8/31/22

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## IN THE ISSUE

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Classes & Workshops

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Updates

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September

Margaret Simon

There is a slight shift  
of sunlight.

There is browning  
of cypress needles.

There's a going back  
to earth  
to soil  
happening  
mysteriously  
gradually  
We forget to notice  
until it's too late  
and there are piles  
of leaves  
to rake.



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## CLASSES & WORKSHOPS

### SEPTEMBER

Please visit the class section of our website or  
call/text 217-330-6963 for specific class  
information and registration.

#### Friday

- 2 6p Restorative Yoga Aly
- 9 6p Full Moon Meditation Dianne
- 16 no class
- 23 6p Chakra Meditation Dianne
- 30 6p Yoga Energetics: Heart Chakra  
Aly\*

#### Saturday

- 3 10a Yoga Aly
- 10 10a Yoga Chuck
- 17 \*No class\* Yoga& Beer Downtown
- 24 10a Yoga Aly

[www.decaturnwellnesscollective.com](http://www.decaturnwellnesscollective.com)

\*Yoga Alliance CEU available



For more information about our classes, including class descriptions  
and pricing visit the class schedule section of our website

[www.decaturnwellnesscollective.com](http://www.decaturnwellnesscollective.com)

## October 200 Hour Yoga Teacher Training

Take 9 months to foster self-development with Yoga Teacher Training with Olivia Rousseau, Doctor of Physical Therapy, ERTY-500, YACEP and Aly Swengel, BA Small Business and Entrepreneurship, LMT, 200 E-RYT, 500 RYT, YACEP.

This 200hr training is a mix of 7 in-person sessions, 3 online immersions, and plentiful pre-recorded content.

Through this Yoga Alliance registered training you will become a Yoga Alliance trained Yoga Teacher while deepening your yoga practice over the course of 10 weekends.

For program pricing, payment plan and schedule please visit:

[www.oliviarousseauyoga.com](http://www.oliviarousseauyoga.com)

or contact Olivia directly: [olivia@oliviarousseauyoga.com](mailto:olivia@oliviarousseauyoga.com)

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## YOU CAN TEXT US NOW!

We now have the ability to receive and send text messages on our business line! We can register you for classes, schedule appointments, and answer questions via text at 217-330-6963



## INFRARED SAUNA PACKAGES

As the weather begins to change, our staff always heads right for the infrared sauna! Sometimes cooler night time temperatures can leave you feeling a little stiff or achy, A 30 or 45 minute sauna session can melt those symptoms away while giving your immune system a boost. Purchasing a sauna package offers discounted pricing and makes scheduling a breeze.

Four 30 minute sauna sessions \$100  
Eight 30 minute sauna sessions \$184  
Clients with sauna packages also can:  
Upgrade to 45 minutes for \$5  
Bring a friend and share your session \$5

[www.decaturrewellnesscollective.com](http://www.decaturrewellnesscollective.com)



## MASSAGE THERAPY



We now have FIVE massage therapists in the building! Between the 5 of us we are seeing clients 7 days a week for relaxation, therapeutic, prenatal, hybrid yoga/massage appointments and reiki/sound healing. If you want to start seeing a therapist and are not sure where to start shoot us a text or give us a call and we will have someone help you match you with a practitioner.

217-330-6963

You can also read about our practitioners on our website

[www.decaturnwellnesscollective.com](http://www.decaturnwellnesscollective.com)

## First Floats

**"I had a wonderful experience. Staff was extremely friendly, the office is adorable with all amenities. The float room has a spa feeling, & is extremely clean and well maintained. The float itself was amazing!! So relaxing. I floated for 90 minutes and it felt like I could've been in there for 15! I will definitely be back!" - Traci**

FLOAT  
DECATUR



# Things we love this month:



## Essential Oils for Allergies

Place a couple drops of lemon, peppermint and lavender in your diffuser. Helps stop drippy noses and clear stuffy heads!

