DECATUR WELLNESS COLLECTIVE

September 2022 Newsletter

8/31/22



IN THE ISSUE

Classes & Workshops

Updates

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.

CLASSES & WORKSHOPS

SEPTEMBER

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

			9
	Friday		Saturday
2	бр Restorative Yoga Aly	3	10a Yoga Aly
9	6p Full Moon Meditation Dianne	10	10a Yoga Chuck
16	no class	17	*No class* Yoga& Beer Downtown
23	6p Chakra Meditation Dianne	24	10a Yoga Aly
30	бр Yoga Energetics: Heart Chakra Aly*	1	*Yoga Alliance CEU available
www.decaturwellnesscollective.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.decaturwellnesscollective.com

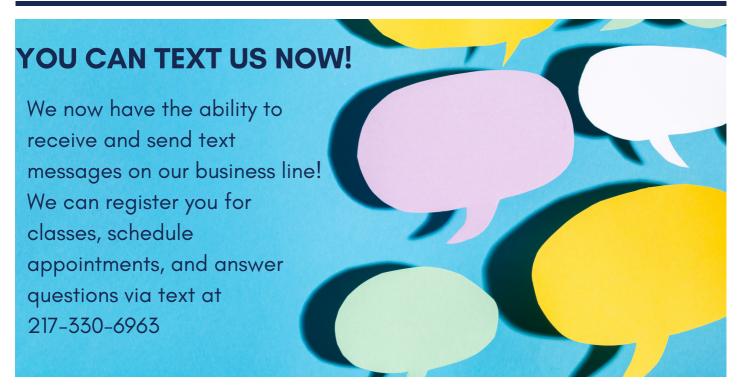
October 200 Hour Yoga Teacher Training

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 or contact Olivia directly: olivia@oliviarousseauyoga.com



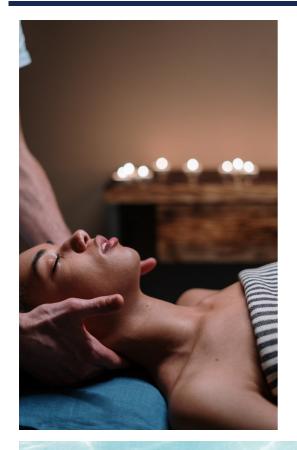


INFRARED SAUNA PACKAGES

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.decaturwellnesscollective.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.decaturwellnesscollective.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



Things we love this month:





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





