

# DECATUR WELLNESS COLLECTIVE

November 2022 Newsletter

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11/1/22

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## IN THE ISSUE

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Classes & Workshops

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Updates

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Happy November!

As we transition into the cooler holiday season, anxiety and tension can rise. There has never been a better time to book a float, massage or drop into a class. We understand sometimes you need a last minute relaxation session and encourage you to text us for last minute openings 217-330-6963.

We are also now happy to offer dollar amount general gift certificates in \$25 increments. You no longer need to purchase a specific service for certificates.

Thank you for continuing to support us as we move into our 5th year in business,  
-DWC



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## CLASSES & WORKSHOPS

# NOVEMBER

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

### Friday

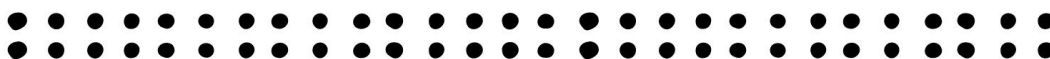
- 4 7p Abdominal Therapy-more than just a Belly Rub| Tanya
- 11 6p Full Moon Meditation | Dianne
- 18 \*No class\*
- 25 6p Sound Bath | Dianne



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

### Saturday

- 5 10a Yoga Chuck
- 12 10a Yoga Aly
- 19 \*No class\* Yoga& Beer  
Downtown
- 26 10a Yoga Amanda



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)

## ABDOMINAL THERAPY...MORE THAN JUST A BELLY RUB.

Are you curious about Abdominal Therapy? Do you have a difficult relationship with your Belly and want to improve it? Are you experiencing abdominal pain, digestion, elimination, urinary or pelvic difficulties? Abdominal Therapist, Tanya Kelly is offering a class to explore these questions.

This 75 minute class includes:

A brief overview of the history of Abdominal Therapy and anatomy basics.

The benefits of Abdominal Therapy

An Abdominal "check in" through breath and touch.

A Question and Answer period.

**Call or text to register 217-330-6963 or book online!**

\$17 drop in

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## SOUND BATH

Join us as you are guided through a full body listening experience that uses crystal singing bowls, Himalayan bowls, gong, chimes, drum and many other instruments.

Sound bath is an ancient sound healing practice whereby the practitioner leads the clients into a relaxed, reclining position and allows the healing sounds of instruments to bathe the client.

Please bring your own yoga mat and any props, blankets, eye masks.

Whatever you need to feel comfortable.

Donations will be accepted at the time of class via cash or card.

Expected donation \$25

Pay what you can \$20

Pay for yourself and help a friend \$30



Friday, November 25, 6PM

\*Special event Friday December 16  
6PM yoga with Aly followed by a  
7:15pm sound bath with Dianne\*

## Holiday Specials

30 min sauna & 60 min float  
for \$98

30 min sauna, 45 min float  
& 30 minute massage with  
Stephanie \$134





## Gift Certificate

*Hey Friend!*  
*You can now purchase gift*  
*certificates in \$25 dollar*  
*increments!*

*xoxo-*



997 W South Side Drive  
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217-330-6963  
[www.decaturwellnesscollective.com](http://www.decaturwellnesscollective.com)

## INFRARED SAUNA PACKAGES

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





# Things we love this month:



## WISDOM TEETH

Keaton St. James  
Doctor says the incisions will only heal  
if I hold warm saltwater in my mouth.  
So there is a wound inside me and  
I am bathing it in oceans of sorrow  
in order to move forward.

Repeat after me: Somewhere the moon  
rises out of the rain. Somewhere Icarus  
crawls out of the sea, unburned and alive.  
Somewhere we are polishing the word absence  
with our tongues and learning not  
to be terrified of all we lack.

Ache first, yes, but then let the cuts close.  
Spit out the blood. Watch your body pull itself  
back together, in spite of the lost wings,  
the stolen bones, the halted songs.

Watch your body pull itself back together,  
then let your soul do the same.

