



WILLIAMSTON
WELLNESS

JUNE

2019



Anniversary Special
For every office visit in June (appointment or class) enter your name to win a FREE 1-HOUR SERVICE of your choice.

SUMMER HOURS

All hours listed are approximate and by appointment only. If no appointments are booked, the office may be closed.

MONDAY:

9am-4pm (chiro)
12noon-5pm (massage)

TUESDAY:

10am-6:30pm (massage)

WEDNESDAY:

9am-4pm (chiro)
1pm-6pm (massage)

THURSDAY:

9am-4pm (chiro)
1pm-6pm (massage)

FRIDAY:

9am-4pm (chiro)
10am-8pm (massage)

SATURDAY:

10am-4pm (massage)
3rd Saturday 10am-3pm (chiro)

SUNDAY:

12pm-4pm (chiro)
1st Sunday 1:00-4:30pm (massage)

On June 26, 2014, Williamston Wellness opened its doors to welcome our first patient. In the past 5 years we have grown from a single employee (Allison Roberts, LMT – hired in August 2014) and running between 4 office locations (Williamston, Charlotte, Ithaca & Fowlerville), to a staff of 12 employees and the purchase of the building as of April 2019. A big thank you to all the "Angel" benefactors...I will never be able to repay you with enough gratitude. Your initial investment and the many referrals of family & friends allowed this business to survive the critical first two years. Our blessings have just kept multiplying since our doors opened. No less than seven children have been born to WW staffers over the past 5 years. A huge "THANK YOU" to all the adopted aunts and uncles who brought gifts of love to our little Andre. We hope the next 5 years bring the same vitality, fertility and growth to our staff families. On a closing note, we say "good-bye and thank you" to front desk staffer & soul whisperer, Vicki Potter, who has been with us since 2015; and a wish for healing to reflexologist/naturopath, Judy Kleihege, who will be taking the summer off for self-care.

Great things are coming to Williamston Wellness and we are so glad to have all of you with us on this journey.

---Simone Ranes, owner of WW

UPCOMING EVENTS

GOOD VIBES SOUND HEALING SESSION – FREE EVENT!!!

Saturday, June 8th 2-3pm

Sound Healing with Julie Ross MM-MTBC Music Therapist ~ REIKI III ~ Sound Healer

Join us for a free introductory session of sound healing that includes guided imagery, Tibetan singing bowls, chimes, finger cymbals, guitar, and voice.

This is a FREE Event! Pre-registration is required so that we can be prepared for a small or large group. Please call the WW office at 517-655-4234 or email us at williamstonwellness@gmail.com

OFFICE CLOSED - Sunday, June 16th - HAPPY FATHERS DAY!!

HEALING WITH PLANTS WORKSHOP

Saturday, June 29th 11:00am-1:00pm

With instructor K'Anna Burton, Holistic Health Educator and Practitioner

Plants as herbs (and healing food), oils and spirits can help us heal from everyday malaise's and enhance the effects of our well-being. Humans have had an intimate relationship with plants as far back as people have been on Earth! Our bodies are made for relationship with plants.

Workshop will include: Basics of Holistic Healing; Medicinal Plants: Herbs, Teas, Flowers, Foods; Medicinal Therapeutic Oils; "Medicinal" Plant Spirits; Principles of Home/Household Healing treatments; and a take home Oil Spritzer bottle.

Event is \$20/per person (pre-registered or \$25 at the door) Please call the WW office at 517-655-4234 or email us at williamstonwellness@gmail.com

OFFICE CLOSED - July 2nd -7th - HAPPY INDEPENDENCE DAY!

Save the Date! - July 13th - CHOCOLATE TASTING EXPERIENCE

Check out our website or Facebook page for more information and updates.

www.williamstonwellness.com

JUNE YOGA SCHEDULE & DESCRIPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:30am GENTLE YOGA w/Gene	6:30pm YOGA FOR ALL w/Amy	9:00am DEEP STRETCH w/Gene - 10:30am GENTLE YOGA w/Gene	6:30pm GENTLE YOGA w/Monica	10:30am GENTLE YOGA w/Gene	10:00am ADULT/CHILD YOGA with Amy ONLY June 8 th

GENTLE YOGA with Gene: Monday, Wednesday, and Friday, 10:30 - 11:30am

Basic yoga poses and stretches suitable for beginners and those with physical limitations and varying levels of flexibility. Emphasis is on breathing. We usually start with a half hour of lying down, seated, and kneeling poses designed to stretch the body. Then we might move on to some basic standing poses like Warrior I and Triangle, adding some twists. Then back to seated and lying down poses, ending in the relaxation pose of Savasana. Modifications are offered for those with limitations.

DEEP STRETCH YOGA with Gene: Wednesdays. 9:00-10:00am

This class is a form of Yin Yoga and is suitable for beginners or those with no previous yoga experience. Most of the poses are done lying down, seated, or kneeling. We focus on releasing tension, stretching muscles, slowing down, increasing flexibility, and holding some poses for several minutes to open up connective tissues. The poses are not strenuous and do not require much muscular strength to maintain. There are no standing poses or poses requiring balance. Emphasis is on breathing.

GENTLE YOGA with Monica: Thursdays. 6:30-7:30pm

This class will focus on posture alignment and connecting the breath with movement at a gentle pace. We will practice balance, build strength, and improve flexibility/range of motion. You will be guided through postures with detailed instruction and offered modifications to find what works best for you in each pose. You'll leave feeling relaxed & restored.

YOGA FOR ALL with Amy Moore: Tuesdays 6:30-7:30pm

Yoga for All allows for honesty and challenges using modifications such as yoga postures from a chair or endurance planking. Each class will work cooperatively to offer appropriate challenges and ease within each posture based on your choices. All yoga postures provide a level of tension and release. All yoga postures have modifications that can be made easier or more challenging. Yoga for All uses the self-assessments of those in the room to experience a variety of strengthening and stretching that fits your needs. The focus will be on alignment and finding your personal edge, starting with the most basic yoga postures. We will explore the tension and release we should expect within each posture.

ADULT/CHILD YOGA with Amy Moore: Saturday, June 8th, 10:00-11:00am

Come share the benefits of yoga with those you love. Adult/Child Yoga is an accepting space to learn about the privacy of our space on the mat, movements, breathing, tension, release and how to build energy for motivation. Observing the energy of children and adults is a fun place to begin as we play and explore. Yoga has fun postures such as frog, camel, cat and cow. Multiple children are welcome to attend with a single adult. There is no age limit, though the class is geared towards kids 12 & younger.

\$15 for adult/child pair. \$3 for each additional child.

Please call 517-655-4234 to reserve your spot. Space is limited.

**If you haven't tried a yoga class here before, the first class* is always FREE. (*only regular weekly classes)
Yoga class costs vary, walk-in rates are \$12 and cost saving punch cards are available.**

Check out our Facebook page or website for class updates. www.williamstonwellness.com