



Make This The Year To Take Control Of Your Health And Happiness At To Your Health Holistic Wellness Center



WRITTEN BY:
LARAIN SCHIGOTZKI,
FOUNDER OF TO YOUR HEALTH
Editorials from Siobhan Hutchinson, who holds a Master's Degree in Holistic Health.

Do you often feel tired, stressed, over-worked or under-appreciated?

If you answered Yes to any of these (or perhaps ALL of these), it's time to stop what you're doing and take control of your life! We often give 100% (and then some) to everyone and nothing to ourselves. How can we continue to give 100%, if we ourselves are not performing at that level?

Imagine what your life would be like if you had clear thinking, more energy and more excitement **Every Day!** Let **To Your Health** guide you in the right direction to make these changes in your life!

This **WILL BE** the **NEW YEAR** for the **NEW YOU!**

HEALTH AND WELLNESS COACHING

Do you think *one conversation* could actually *change* your life? When was the last time you talked to someone about your health and received the personal attention you deserve?

We are so excited to bring many new programs to **To Your Health.**

For starters, we are now offering Health and Wellness Coaching.



Are you looking to:

- Improve your eating habits
- Understand your body better
- Reduce stress
- Sleep better
- Experience an increase in overall happiness in life?

If so, call or stop by TODAY to schedule a free, one hour health consultation with Laraine to find out more about this exciting program. This can truly help you to start living a better and more fulfilled life.



T'AI CHI CHIH™

We are also very pleased to be working with **Siobhan Hutchinson**, accredited teacher of T'ai Chi, Sejjaku, Qigong, Reiki Master/Teacher along with holding a Master's Degree in Holistic Health. She has studied in China and is about to receive certification in the Donna Eden Energy Medicine Certification Program, as well as Energy Medicine for Women.

With gentle guidance, Siobhan will be leading our new T'ai Chi Chih™: Joy Thru Movement classes. If you are looking for gentle stress reduction techniques as part of your New Year/New You plan, T'ai Chi Chih™ is a mindful moving meditation with many

health benefits. In addition to increasing physical energy, vitality and balance, it can be very calming. This form is easy to learn and studies have shown that immunity levels in seniors (with a propensity toward shingles) were increased after learning this particular form in only 8 weeks! It has also been known to help decrease insomnia.

Not only is Siobhan looking forward to sharing natural, easy and fun methods for improving health and vitality, she will also offer one-on-one sessions in Reiki and Energy Medicine. These private sessions are individualized for each client and many have experienced deep relaxation, release and pain reduction.

Siobhan has experience teaching a wide range of clients with different challenges. A free introductory workshop on T'ai Chi Chih™ will be held on **Saturday, January 8, at 1:00 pm.**

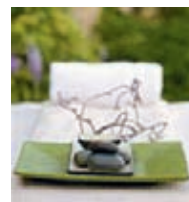
EDUCATION IS KEY!

To Your Health is thrilled to be hosting Education Workshops each month. Some of the upcoming workshops include:

- Nutrition 101
- Get the Skinny on Fats
- Natural Skincare
- Law of Attraction
- Shaking the Sugar Habit
- Stress Reduction

Please check our website under Education Workshops, as well as the Calendar of Events page, for more information and dates.

BODY, MIND & SOUL SPECIALTY SHOP



Shop with confidence in our specialty shop. We carry a full range of products that are all-natural and/

or organic, as well as products that are simply needed for a healthy lifestyle and home. With everything from skincare to olive oil to water purification systems, Body, Mind & Soul is a place to visit!

Did you know the average woman comes into contact with 121 carcinogens a day? Do something good for yourself; invest in products that are good for you and your family!

To Your Health has also added more classes for the Body, Mind and Soul, such as Yoga for Kids, joint mobility, body flow, Pilates and more. We will offer group classes, as well as one-on-one training. Please check the website for complete class descriptions and times. Also, be sure to check out the Promotions page for monthly discounts and specials!



15% Off

Body, Mind & Soul Specialty Shop purchase.

Expires February 11, 2011. Not to be used in conjunction with any other discounts or for the purchase of Gift Certificates. Coupon must be presented at time of purchase.

Isn't it time to Make that Change! Join us at **To Your Health** and make **THIS** the **NEW YEAR** for the **NEW YOU!!!**

Nourish your Body, Balance your Mind and Feed your Soul at To Your Health, Holistic Spa and Wellness Center.

Laraine Schigotzki, founder of To Your Health, is a licensed aesthetician and currently enrolled in Institute for Integrative Nutrition. I am extremely fortunate to be able to offer people a way to lead a healthy lifestyle, by simply making small changes in their lives.



To Your Health For the Body, Mind and Soul

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