



Achieve calmness, increase healing, reduce depression, stimulate brain function, and feel an overall sense of connectedness. The Wellness Spa is the perfect place to practice mindfulness – whether through spa treatments, salt therapy or classes.

Earth Spirit Facial

Replenish your look with our 100% raw Algae Seed Collagen Mask to relieve dryness and improve overall skin condition. This facial goes deeper than your skin with the power of connecting to earth energy. Enjoy a soothing gemstone face massage with a specialized ampoule specific to your skincare needs, add singing bowl therapy and reflexology foot treatment to connect and ground your spirit for deep relaxation with glowing results inside and out. 75 minutes - \$130

Healing Power Pedicure

Power pack your Pedi with the healing properties of ginger. Start with a Ginger foot soak followed with professional nail care. Then lay back and enjoy a detoxifying lower leg and foot massage using our 'Ancient Thai Foot Treatment' herbal compress to open energy pathways and stimulate circulation. Includes moisturizing hand mask. Finish with nail color of choice or buff finish. 60 minutes - \$75

Get Your Zen On

Our Healing Zen Ritual can offer you the chance to get deeply relaxed and rested in only 45 minutes with no effort on your part other than allowing yourself to "Just Be". March special price only \$35 per person or \$60 per couple

Just Be... Together in the Salt

Relax in the warmth and comfort of our Qi Garden Salt Spa while you share quiet time together. This special is intended for two people to enjoy the respiratory benefits of Salt Therapy while napping or relaxing in the Salt Spa. March special price \$60 for 2 people (Both sessions must be done on same day/same time to receive discounted rate).

Yoga, Tai Chi, Qigong, Meditation & More

For classes, workshops and special events during the month of March, see other side or visit www.DestinationWellness.net

*Join The Wellness Spa on Facebook and Instagram for a Month of Mindfulness...
Daily video clips or tips on how to live a mindful, healthy, and vibrant life!*

The Wellness Spa 3916 Water Street, Stevens Point, WI 54481
715-341-3333 Toll Free: 877-341-WSPA www.WellnessSpaResort.com

March Mindfulness Specials Available March 1 – April 3, 2021



March Mindfulness Classes & Workshops

Class Size Limited* - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class.
Tai Chi & Yoga class **Drop-In price \$15** per class or **Yoga Classes** can be purchased in 10-pack for \$120 (save \$30)

Weekly Classes

Just BE Meditation ~ FREE CLASS

Instructor: Angela May

Mondays & Wednesdays 5:30-5:55 pm

It is easy to look outside ourselves for the answers we seek, but all the wisdom we will ever need is within us, if we are willing to be still and listen to our subtle inner voice. By utilizing yogic technology to quiet the mind and connect to our breath, with practice, Meditation can open awareness, quiet chaos, improve sleep, and benefit overall health while learning to give ourselves permission to just BE. This class is intended for ages 10 and up. no prior experience needed. Can be taken prior to Mindful Flow Yoga. Free and open to the public.

Mindful Flow Yoga

Instructor: Angela May

Mondays & Wednesdays 6:00-6:55 pm

Deepen your connection to your body and breath through mindful movement. This class will explore and use a combination of various asanas and practices to improve strength, increase flexibility, and enhance awareness. Please bring your own personal yoga mat, water bottle, and towel - all other equipment required will be provided.

Tai Chi for Wellness ~ FREE CLASS

Instructor: Deborah Adams or Tom Bertram

Tuesdays 5:30-6:25 pm

Easy to learn Tai Chi and Qigong, with a focus on breath work, guided meditation, and gentle movements to calm the body and mind and help open spiritual connection. This class helps promote relaxation, internal healing, connection to self and higher source and improve overall wellness. No experience needed as a different class is taught at a beginner level every week, so joining any time is non-intimidating and welcomed. This class is intended for ages 10 and up. Please bring clean, comfortable shoes and water bottle. Free and open to the public.

1 Qi ~ Tai Chi & Qigong

Instructor: Deborah Adams

Thursdays 5:30-6:25 pm

(only available during the month of March)

For those who want to expand their knowledge of Tai Chi and Qigong to uncover barriers leading to inner peace, stronger immune health, improved balance, increased coordination, brain plasticity and overall wellness - this class will focus on using forms or methods of Tai Chi and Qigong to move your body, mind, and spirit into the 'Qi' flow. This class is intended for those who have taken the Tuesday classes or have some prior experience, as this class will expand on the ancient practice of Qi cultivation. Intended for ages 13 and up. Please bring clean, comfortable shoes and water bottle.

Special Events & Workshops

Soothing Sound Meditation

Instructors: Angela May & Tracy Gajewski

Friday, March 12 ~ 5:30-7:00 pm

Using the combination of crystal singing bowls, voice harmonics, intentional mantras and yoga influences, this class is intended to soothe your body and mind while connecting your spirit to higher source and self. Learn how sound and frequencies can impact you on a cellular level and awaken you to new heights while grounding you in calmness. No prior yoga experience needed. Open to ages 12 and up. Please bring your own yoga mat. \$30

Spring Equinox Qi Celebration

Instructor: Deborah Adams

Saturday, March 20 ~ 9:00-11:00 am

Spring forward with healthy intentions for a successful transition into this next season. As we leave winter behind, learn how to use the momentum of spring to increase self-awareness, internal connection and improve health. This workshop will use ancient Chinese medicine techniques of Qigong, breath, reflexology and guided intention to help clarify your intentions, plant them deep within your psyche so you can witness their manifestations. Use the momentum of spring to start blooming yourself! Open to ages 12 and up. Please bring clean, comfortable shoes. \$30

Journey Forward Labyrinth Meditation

Instructors: Deborah Adams, Angela May & Tracy Gajewski

Friday, March 26 ~ 5:30-7:00pm

Come on a journey of the soul as you move forward with good intention, improved health, and a clear sense of 'groundedness'. Combining the power of the Labyrinth, meditative walking practices, singing bowl sound therapy, Yoga and Qigong, and guided flame intention - this powerful workshop can open heart energy, align chakras, and bring overall balance and joy to your mind, body, and spirit. Open to ages 12 and up. \$30

Camp Goddess ~ Spring 2021

Save the Date: Saturday, April 10th 9a-5p

Discover your goddess within through a day of exploration of self and an awakening of your mind, body, and spirit. Workshop event details and registration information coming soon.

***NOTE:**

Classes are Drop-In as space allows, please call to reserve your place prior to class. No-shows will be charged full class price. Workshops are on a pre-pay, non-refundable registration basis.

Deborah Adams is an Entrepreneur, Thought Leader and Wellness Expert. Founder and CEO of The Wellness Spa, Inc., co-owner Qi Garden Salt Spa and Water Dragon Inn. She is a Master Qigong and Tai Chi Instructor and the author of "The Horse, The Dragon & The 10,000 Things". Deborah was a licensed massage therapist for 25 years, personal trainer, dancer and Human Performance coach and brings her acquired knowledge into her keynote lectures, trainings, and retreats.

Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist, as well as a Saltologist at The Wellness Spa.

Tracy Gajewski is a Stevens Point native working at The Wellness Spa as a Front Desk Spa Coordinator, Saltologist and Social Media Manager. With Tracy's musical background, she offers her talent at the spa as a Singing Bowl Musician. She also enjoys playing swing music on the Alto Saxophone with her band 'Guy.ev.ski' and walking on nature trails.

Tom Bertram consistently attended years of 'Tai Chi for Wellness' classes prior to becoming certified as a Tai Chi Easy Practice Leader. Tom is the lead assistant Tai Chi instructor at The Wellness Spa and has generously taught several of the Free Tai Chi Tuesday classes. Tom's positive spirit and great energy make his classes healthy and fun!