

European Bodyworks

A Wellness Spa

504 Hill Street – Green Lake, WI

920-294-0990

www.greenlakespa.com

Spring 2005

New Massage Therapist

Meet Andrea Skurr

We are very pleased to welcome a new massage therapist to our staff. Some of you already know Andrea as a Certified Pilates Instructor at Room to Breathe, our Yoga/Pilates Studio. As a Pilates instructor and graduate of University Wisconsin-Stevens Point with a Dance degree, Andrea knows body mechanics. Her career move to include massage therapy was a natural choice. And as a connoisseur of massage therapy myself, I can honestly say that Andrea is FANTASTIC! Andrea is just completing her last days of school, so we have included a coupon for you to treat yourself to a professional massage at a huge savings. Book early as this offer ends mid-June.

For those of you that have been used to Connie giving your massages, I urge you to give Andrea a try. Andrea is adept at the traditional Swedish Massage as well as the more therapeutic Deep Tissue Massage. She has also studied Reiki, Polarity, Reflexology, Aromatherapy, Herbology, Chinese medicine and Qi Gong. So your massage may be an eclectic blend of techniques depending on what your body needs at each session. She is very professional and very sweet. In Andrea's words, "Through the skillful mastery of various massage techniques, I hope to bring healing, energy, and relaxation to my clients in a relaxed environment."



"It is a privilege and an honor to help you enhance your health through movement and massage"

Andrea Skurr

Andrea will be available 6 days a week including earlier mornings or evenings depending on what best suits your schedule. So if you've had trouble getting in with us before, there will be a lot more appointments available. If you are in our appointment book already, starting May 1st we will be giving your massage appointment to Andrea unless we hear from you. So breathe, relax, rest and revitalize....you're in good hands!

"I was very tight and tense when I arrived....and a marshmallow when I left."—Ellen C.

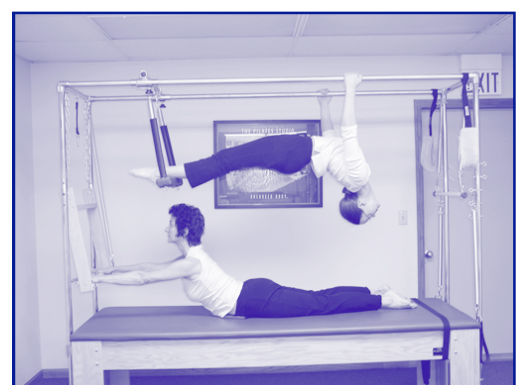
Stress Less...Energy More

Calm down and slim down...why Yoga and Pilates works

Mind/Body exercise like yoga and pilates is so much different than the grunt and groan of the gym. Let me explain. Exercise that engages the mind to deepen the body experience reduces stress, creates more awareness, improves concentration, and best of all, is never boring.

Our Yoga/Pilates Studio Room to Breathe at 630 South Street in Green Lake, has been open for a year and a half now. However, Nancy Vandervelde has been teaching in the area for over 3 years. Remember our humble start in the City Hall Gym? With a personal yoga practice that began in 1972, Nancy now has her 200 hour yoga teacher training and is currently near completion of her 500 hour professional level training. She is trained in Kripalu style but brings an infusion of hatha, vinyasa and power yoga into her teaching depending on the needs of the class. "The goal of each class is to have people fall in love with yoga. To find the joy that it has brought into my life," states Nancy. Yoga is a path to self-discovery and awakens our love of life. By releasing tension in our muscles and stretching and strengthening the body, we find new freedoms on the mat and beyond. Join Nancy for a class on Tuesday morning, Thursday evenings, and Saturday mornings. Check web-site for current times.

For a mind/body exercise that gets to the core...try Pilates. Often called "the elegant workout" Pilates targets lengthening and strengthening muscles throughout the body for a lean and flexible silhouette. The secret of Pilates is in building the "powerhouse"—an area of muscles that wrap around the abdomen and back like a corset. Room to Breathe offers two certified Pilates trainers. And that's the key to learning Pilates safely and effectively. You must have a good trainer. We offer an introduction to Pilates mat every Saturday morning and have beginning and intermediate mat classes as well. But to really embrace Pilates and reap the benefits of a healthy back and flat and powerful abs, you need to get on the various pilates apparatus. Pilates is really a system that is taught on various equipment pieces called the cadillac, the reformer, the tower, the chair, the barrel, and the ped-o-pull. We have a full pilates gym. One of the few in Northeast Wisconsin. And we have the personal trainers. Nancy Vandervelde has just completed Level Two training in Boston with master trainer Clare Dunphy. Andrea Skurr completed her mat training with Power Pilates in Chicago. She is currently an advanced student on mat and in apprenticeship for teaching the apparatus. Take advantage of the coupons below to explore a mind/body exercise that will change your life! For current class times, visit www.a room to breathe.com



Nancy and Andrea on the Pilates equipment

Is your skincare making you sick?

Why Holistic Skincare?

More and more, as our society moves through the tech age, we are exposed to harmful toxins and radiations. It's everywhere..... in our paints and carpets, harmful chemicals in our beddings and no-iron clothes, air pollution, water pollution, preservatives, overuse of antibiotics. It's little wonder there is an explosion of auto-immune disorders. At the same time, we're becoming disengaged from each other socially and spiritually. Take an evening walk, and notice the orange glow of television emitting from every home. Now I am not saying we need to give up television or live in a cave freed from all harmful exposures...but we can make choices to live in a way that is harmonious and supports our natural resources and environment. We can do this for our children and for ourselves.

So knowing that our skin is the largest organ in our body and has tremendous absorption capabilities, doesn't it make sense that your skin care should be one of these choices? And knowing how many billions of dollars the cosmetic industry profits are annually, how about supporting a company that truly supports the earth and it's workers in it's production and manufacturing principles.



These are some of the many reasons we have selected Dr. Hauschka skin care preparations for our face and body therapies. Dr. Hauschka is a skin care company committed to sustaining the earth and planet and providing organic skin care and cosmetics that are holistic and healing. The care begins with the soil—with agricultural practices founded in anthroposophical science—a science that honors the link between man and plants and minerals. Unlike many companies in the news now—the workers in the fields and in the manufacturing are supported holistically as well. You can be assured that every product is prepared without harmful chemicals or preservatives...thanks to their unique packaging techniques. And maybe most important to you are the formulas themselves. Based on anthroposophical and homeopathic healing remedies, the formulations work in healing your skin and supporting balance, producing a healthful and radiant complexion!

The Dr. Hauschka Sin Care Treatment is so much more than an amazing facial...but really a treatment to restore harmony and balance into the body as well. All of our treatments at European Bodyworks are founded on these principles. Treating the body with respect and evoking harmony and balance. Go on line to www.greenlakespa.com and select a service that speaks to the needs of your body...or simply close your eyes and point!!!! You can't go wrong!

"I feel completely whole and balanced, combined with a pleasant lightness" Alice S.

Meet our skin care specialists



Barbara Mlodzik, CST, licensed aesthetician



Nancy Vandervelde, RN, licensed massage therapist and licensed aesthetician

\$10 Present this coupon to **\$10**
European Bodyworks
 504 Hill Street – Green Lake, WI
 for \$10.00 off your first facial
 with **Barb Mlodzik**
 Call 920-294-0990
 for your appointment

\$10 **\$10**

\$10 Please present this coupon to **\$10**
European Bodyworks
 504 Hill Street – Green Lake, WI
 and receive \$10.00 off
 a therapeutic massage with
Andrea coupon Expires Jun 23rd
 Call 920-294-0990
 for your appointment

\$10 **\$10**

50% OFF Present this coupon to **50% OFF**
Room to Breathe Studio
 630 South Street – Green Lake, WI
 for **50% off** a mat class for
 Yoga, Pilates or a Private Pilates session
 with Nancy Vandervelde
 Call 920-299-2201
 to schedule a Pilates appt.
 offer expires June 1st
 One coupon per bearer-offer for
 one time only

50% OFF **50% OFF**