



opening the mind and body
to health and healing

Newsletter

Fall 2006

Happy News!

I am so delighted to share the news with you all that I am pregnant. My due date is late March and so far pregnancy has been going well. My tummy is starting to round so the next time you see me I'll be bigger!

Scheduling

I am planning to practice as long as I am feeling capable and sessions feel good. I am scaling back the number of Shiatsus per week but I would still absolutely love to have you come and receive the 'mama to be chi'. I'm enjoying practicing as much as ever. A general sense of my schedule is as follows: Monday, Wednesday, Thursday and Friday days and Tuesday evenings. Saturdays by appointment.

And even more changes.

I'm happy to announce that two talented Shiatsu practitioners will be joining Alight. David Miller has started to see clients on Tuesdays, Thursday evenings and weekends. He is awesome and has an introductory rate of \$60. In January, Julie Kesti will also join Alight. I am so grateful to have these two quality practitioners coming in at this time.

I am sad to also announce that Andrea is leaving Alight but I am wishing her lots of success in her future endeavors.

Dr. Kaneko to visit!

Many of you know that I am dedicated to continuing my education in the field of traditional Asian Medicine and bodywork therapy. Dr. Kaneko is the founder of Shiatsu Anma, the foundation of my training in Shiatsu. He is coming to Minneapolis this October to teach an advanced workshop and of course, I am going to be there! He is also teaching a Friday night workshop that I would like to invite you all to attend. He is going to be teaching "Do In" or self-care exercises. No experience is necessary. I'd love to see you there and would be happy to answer any questions I can beforehand. See enclosed flier for more details.

Thank you all so much. I hope you are enjoying the brilliant hues of the changing leaves and the shift in season.

Best,
Ivy