



# Abundant Wellness Center

94 Chicopee Street, Rte. 116, Chicopee, MA 01013 Tel. (413) 592-2828

## Newsletter

July 2007

### WHAT'S NEW

**Our website** has been updated and it looks great! Please visit often at the [www.abundantwellness.net](http://www.abundantwellness.net). If you have not already done so please register on-line to receive our e-mail "Newsletter". If you have, be sure to pass the link along to a friend. Your support is greatly appreciated.

**Welcome our newest staff members:**

COACH LINDA McDONALD, Spirit Wisdom Life Coaching with office hours every Tuesday, 4:00pm-6:00pm or by appointment. Enjoy a 20 minute sample-session by appointment during the month of August.

**Saving you Money:** Did you know that there is a referral incentive on the back of our business cards? Both you and the person you refer will receive \$5 off any service.

**Package plans** available for various services sold in sets in four.

### East Meets West

Fall Health Fair

Join us for this full day event on September 8<sup>th</sup>, 2007 when the Abundant Wellness Center and the Hampden County Physicians Associates join to bring you workshops, sample sessions and more. Located at the Clarion Hotel (formerly The Best Western), 1080 Riverdale Road, West Springfield, MA.

Check out our website to find out more updates on the event during the months ahead [www.abundantwellness.net](http://www.abundantwellness.net).

### BEST OF THE VALLEY

As many of you know, the Abundant Wellness Center was voted number one in Springfield for both Acupuncture and Massage. We appreciate you as much as you do us. Thanks for voting for us!



### Summer Time and the Living is Easy (Or Not)

What are your summer challenges?

- Too much exercise – oh, those aching muscles
- Too many burgers, dogs and ice cream – oh, those naughty pounds
- Too much time in the playground – oh, the need for your constant attention
- Too little time for yourself – oh, the impossibility of taking care of ME!
- Too big a risk in that weekend sport – oh, the tear, strain and pain of it

Let us help you with your summer challenges and bring back that ease you love. Massage those aches away. Let our staff support your nutritional learning needs. Fix those injuries with chiropractic and acupuncture specialists. Bring back the life balance you want through life coaching and counseling services. And so much more...

## NEWSLETTER BY E-MAIL

If you're not already, would you rather get this newsletter via email? The next time you are at the Center, let your therapist or our office manager know, or give us a call. You can also email us at [info@abundantwellness.net](mailto:info@abundantwellness.net), or go to our site [www.abundantwellness.net](http://www.abundantwellness.net) and we'll get you signed up in no time!

### **Practitioners On Staff**

Debee Boulanger  
Tom Campbell  
Dr. Catherine Guertin  
Linda McDonald  
Cassie Olewinski  
Jaclyn Provencher  
Deb Rusenko  
Jon Terrell  
Kristin Thiel  
Douglas Wilk

## **Ask the Universe** **The Law of Attraction**

The universe provides in so many ways. In recent months the Abundant Wellness Center has supported us all by sharing the movie 'The Secret'. This film tells us about the benefits of following the universal law of attraction and how grounding ourselves in the principles and language of attraction we can have what we want and need in this life.

What can we truly learn from the law of attraction? Perhaps it will be different for each of us. This and other universal laws have been for many years an important part of the work I do as a life coach, and, I find there is always more to learn. I recognized most recently that I can still get caught up in negative language. It's a habit. I might say something like, 'I don't want to be overweight anymore.'; 'I want to stop being so tired.'; and 'I want fewer bills to pay.'; and so on...

So what does the universe hear? Overweight, tired, bills to pay- then it says, 'Okay, you've got it!' More weight, more fatigue and oh, no more bills!

The universe is brilliant but busy. It is honing in on the focus of our requests and does not always catch the whole message in the way we 'think' we are putting it out. Have you ever skimmed through a message whether verbal or written? And do you find yourself attracted to bullet lists because they are much easier and faster to read? How often have you gotten it wrong? If the universe is 'reading' our requests like a bullet list then the above one is just not going to work for us:

- Overweight
- Tired
- Bills to pay

Who wants more of that?

We need to translate it into the "language of attraction". How about 'I want to be trim and fit'; 'I want energy and stamina'; and 'I want to save \$100 a week'. Our new bullet list:

- Trim and fit
- Energy and stamina
- \$100 a week

And the universe says, 'Okay, you've got it...'

It is pretty simple. All we need to do now is practice, practice and practice. Build a new habit to replace that old one. Hey universe, 'I want a new positive habit in my life today.'

And, don't forget to add, 'I am willing to put it into action.' This gift is meant to be utilized and not taken for granted. Make it happen for you.

Article by Coach Linda McDonald

**\*ON-GOING CLASSES: Pre-Registration & Pre-Payment is required to confirm your space!**

**PILATES** – with *Val Sweeney*. Focus on toning & flattening stomach, and developing core strength and balance.

**Mondays—7:30 - 8:30pm** ~ 4-Weeks \$55 or \$15 drop-in. **Starts back up on September 10<sup>th</sup>**

**YOGA**— with *Heather Nolan*. Connect your mind, body & spirit, for beginner students.

**Mondays— 5:45 – 7:00pm** ~ 6-weeks \$65 or \$12 drop-in.

**NEW! YOGA**— with *Carolyn Ruzala*. Connect your mind, body & spirit, for beginner students.

**Thursdays— 5:45 – 7:00pm** ~ 6-weeks \$65 or \$12 drop-in. **Summer schedule class will be on July 26<sup>th</sup> & resuming regular Thursday night schedule back on August 16<sup>th</sup>**

**NEW! MORNING YOGA** — with *John McCann*. Connect your mind, body & spirit, for beginners.

**Fridays—9:00 - 10:15am** ~ 6-weeks \$65 or drop-in \$12. **No classes on July 13<sup>th</sup> or July 20<sup>th</sup>**

**BELLY DANCING**— with *Wanda Koch & Jennifer Bagnell*. The original aerobic exercise!  
*Beginners with Wanda*

**Wednesdays— 6:00 - 7:15pm** ~ 6-weeks \$68. **Starts back up on September 19<sup>th</sup>**

*Continuing with Jen*

**Wednesdays—7:30 – 9:00pm** ~ 5-weeks \$65 or \$14 drop-in. **TBA**

**\*Please Check Our Summer Class Schedule Online: [www.abundantwellness.net](http://www.abundantwellness.net) Tel. (413) 592-2828**

**WORKSHOPS: Pre-Registration & Pre-Payment is required to confirm your space!**

- **IONIZING FOOT BATH & SAUNA** – with *Rachel Ginther*. Every day we are exposed to about 50,000 chemicals from the environment, water and food we eat thus resulting in hazardous heavy metals that get stored in our body. Sauna & Ionizing footbath is one simple, painless, comfortable, soothing method that can aid in the detoxification process.

**Thursday, July 26<sup>th</sup>**  
**9:00am - 7:00pm**  
by appointment only ~Cost Foot Bath \$39 & 15-min. Sauna \$10.

- **PSYCHIC BOARD GAME CALLED "THE ENCOUNTER"**— with *Brenda Edwards*. The games result is an opportunity for clarity and alignment to your High Self, fostering positive change and igniting passionate purposeful intentions. A key to manifestation!

**Sunday, July 22<sup>nd</sup>**  
**2:00 – 5:00pm** ~ Cost \$75.

- **BREATH WORKSHOP** — With *Kaailama*. Using *Power of Breath* - learn the tools that will open your breathing, reduce your stress and connect you with the Source of your being.

**Saturdays**  
**July 28<sup>th</sup>, September 15<sup>th</sup>,  
October 6<sup>th</sup>, November 10<sup>th</sup>,  
December 8<sup>th</sup>**  
**2:00 – 5:00pm** Cost \$35

- **PRIVATE BREATH WORK** – with *Kaailama*. Take your breathing to the next level with personal coaching sessions using *Power of Breath* with Kaailama.

These 2-hour sessions will be 9:30 am & 11:45 am prior to the Saturday Breath Workshops. ~ Sliding Scale \$125 - \$175.

- **QUANTUM TOUCH** – with *Douglas Wilk*. Learn a simple & effective approach to "Energy" work. Students will receive certification upon completion. Cost includes both days!

**Saturday & Sunday, September 29<sup>th</sup> & 30<sup>th</sup> 9:00am to 5:00pm** ~ Cost \$95.

- **HEALTH FAIR** – Where *East Meets West*. Abundant Wellness Center and Hampden County Physicians join together to educate the public on the cutting edge of wellness. Free info, chair massage & workshops throughout the day. Please take NOTE: This free Health Fair will be held at the *Clarion Hotel on 1080 Riverdale Road, West Springfield (formerly the Best Western Sovereign Hotel)*.

**Saturday, September 8<sup>th</sup> from 9:00am to 5:00pm ~ Free!**

*Coming soon...Dream Interpretation Workshop...Ear Coning...Free Movie Night featuring The Secret...and more!*

See New Workshop Series Coming This Fall – Universal Laws at [www.ReachLifeCoach.com/ULaws.pdf](http://www.ReachLifeCoach.com/ULaws.pdf)