



December 2007

Do unto others, as you would have them do unto you.\*

\* Source: The New Testament, Talmud, Koran, Analects of Confucius and Socrates



**In December  
Open Sundays  
12 to 4**

To help provide you a respite from the hectic weeks to come. We will be open Sundays thru the Holidays for Spa Services & Gift Card Sales



**Service  
Packages -  
Buy 5 get two  
FREE!**

You do the math, or don't,  
it's a no brainer!!

**Through the Holidays purchase any service package  
and receive an additional service as our gift to you.**

[Learn More](#)



**Free Gift**



**Renew, Extend,  
Gift or get a new  
StudioPass**

Receive up to \$200 in a  
Gift Cards absolutely  
**FREE**

[Learn More](#)

**Put the Happy back**

Purchase your Gift Card or StudioPass Gifts online and receive a complimentary gift box. A \$5.00 value!

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## Put the Happy back in the Holidays

Here comes another holiday

Does that make you feel *Overwhelmed? Anxious? Exhausted?*  
Would you rather feel *Joyful? Peaceful? Energized?* (Or at least less Scrooge-y?)

Join us on December 8th from 1 to 4 PM for a 3-hour Workshop that will teach you tips & techniques to help put you back in control.

[Learn More](#)



## Holiday Season Weight Management Group

*join us for our weekly group*  
the four Wednesdays of the holiday season  
November 28<sup>th</sup> - December 19<sup>th</sup>  
from 7:00 - 8:00 PM [Learn More](#)

## IMPORTANT INFORMATION

### Holiday Shutdown

We will be closing at 4:00 PM on December 24th and all day the 25th & 26th for the Christmas Holiday, as well as between December 31st & January 6th.

[Learn More](#)

Namaste, ("I honor the Spirit in you which is also in me.")

Ed, Sherry & Company