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[www.AirmidWellness.com](http://www.AirmidWellness.com)

## Welcome to Airmid Wellness!

Airmid was created on our belief and experience that a person's mental health is maintained and improved, not just through conventional methods or talk therapy, but also through healing the body and spirit. Studies continue to prove the connection between mind & body and the importance of a healthy balance of both.

That's why we have carefully chosen an amazing and supportive team of therapists, yoga instructors and wellness practitioners who are available to help you on your path to wellness.

We've put together the attached materials to share with you all the supportive services that are available to help you. We invite you to include one or more of these on your healing journey. Most are not covered by insurance, however affordable rates are offered, and further reduced for seniors, students and first responders.

A free first class is available to allow you to experience the benefits. Ask your therapist or staff about any of these, visit our website to learn more or just drop in to a Wellness class, schedule a Wellness Treatment or visit our 1<sup>st</sup> & 3<sup>rd</sup> Friday Wellness Clinic.

Thank you for choosing Airmid Wellness. Please take the time to nurture yourself.

Warmly,

*Dottie Kelly-Arabia, RN, LPC*

*Marianne Welch-Salkind, MS, LPC*

And the entire Airmid Wellness team

### The following pages describe:

- Acupuncture, Massage and other Wellness Services and Classes
- TRE® Tension & Trauma Release Exercises
- Integrative Coaching
- Airmid's Yoga, Meditation and Tai Chi Classes

**Download our Mindbody app on your smartphone for easy scheduling.**

**Learn more: Follow us on Facebook & visit our website.**

**[AirmidWellness.com](http://AirmidWellness.com)**

## Wellness Services & Friday Wellness Clinic

**Our Wholistic Wellness Clinic is held on the 1st & 3rd Fridays 3pm to 6pm**

*Appointments are preferred or just drop-in to experience*

*\* Acupuncture (\$35) \* Chair Massage (\$20) \* Chakra Clearing with Reconnective Energy (\$20)*

**For questions regarding private sessions or clinic appointments please contact the individual therapists.**

**Phone numbers are below and you can also pick up a Wellness Therapist's card in the office, visit our website or schedule a Wellness Clinic appointment using our MindBody app.**



**Acupuncture** with April Griet, L.Ac licensed acupuncturist / Charles Illingworth, L.Ac licensed acupuncturist.

**Acupuncture is the gentle insertion of very fine needles into specific points on the body. This process stimulates movement of energy within the body, allowing natural healing to take place.** In our clinic, acupuncture is practiced in a group setting in an open room atmosphere, fully clothed in a comfortable chair. The true benefits of acupuncture are cumulative so having the option

to come for regular sessions increases the likelihood of long-lasting effects. Our licensed Acupuncturists have a strong background in Traditional Chinese Medicine theory with elements of 5 element acupuncture. **Contact April: 267-495-8528 to schedule a Thursday private session or a session at our 1st and 3rd Friday Wellness Clinic \$35 OR to schedule a Friday Private session contact Charles: 610-724-3284. Initial Private sessions are \$140. Subsequent visits are \$90.**



**Chair Massage or Chakra Clearing with Reconnective Energy** with Tammy Jarabin, *MSW, CRP, LMT, Reconnective Energy Practitioner, Holistic practitioner, social worker, and intuitive. Tammy is a Navy veteran, Trauma therapist and educator, Massage therapist, Reconnective Energy Practitioner, and Doterra Wellness Advocate.* **A 20-minute healing massage with Reiki will deeply relax you and help you to tune-up and let go of stress and pain. A great way to end the week and start the weekend renewed and refreshed.**

**OR Experience a multi-faceted chakra clearing session that includes Reconnective Energy work and Essential Oils.** A non-touch energy modality is utilized based on Spiritual/Cosmic energy forces that are present and available for healing. Focusing on how the body, mind, and spirit are impacted by trauma, Essential Oils are paired with the Chakras and Reconnection Energy. Tammy is able to gain insight during your private session and help facilitate your self-awareness and empowerment in clearing chakras and releasing the emotional blocks caused by trauma which may be inhibiting your soul growth and spiritual development. **Tammy is available for Chair Massage at Airmid's Wellness Clinic on the 1<sup>st</sup> & 3<sup>rd</sup> Friday of every month and can be booked for private Massage or Reconnective Chakra Clearing Sessions. The Chakra Clearing and Reconnective Energy is a 45-60-minute session set by appointment. The cost is \$85. (Add optional Aura Photography only \$25) great way to experience Reconnective Energy is also available in a 20-minute mini-session at Airmid's Wellness Clinic for only \$20. Chair Massage at the Wellness Clinic is \$20. Contact Tammy: (215) 275-8933**



**TRE® Tension & Trauma Release Exercises** with Mike Thomas, *Integrative 'Everyday Consciousness' Coach, NSCA-CPT, Certified TRE® Provider, T'ai Chi, Mindfulness Instructor and a Safe and Sound Protocol (SSP) Provider.* **TRE® is a simple yet innovative series of exercises and stretches that assist the body in releasing deep muscular patterns of stress, tension, and trauma.** Created by Dr. David Berceci, PhD, TRE® safely activates a natural reflex mechanism of shaking or vibrating that

releases muscular tension and held stress, calming down the nervous system. When this muscular shaking/vibrating mechanism is activated in a safe and controlled environment, the body is encouraged to return back to a state of balance and harmony. **Benefits of TRE® Include:** ►Less Worry, Stress & Anxiety ►More Energy & Increased Flexibility ►Improved Relationships & Better Sleep ►Reduced Muscle Tension & Back Pain ►Greater Emotional Resiliency ►Accelerated Healing of Old Injuries. With over 15 years of experience in the field, Mike's innovations support optimal mind-body integration with remarkable results. He's created a new, holistic approach to fitness that cultivates a focused mind, strong body, and emotional intelligence to support your most joyful and exuberant life. By combining the very different, yet complementary Eastern and Western approaches to fitness, his unique style of training results in balance on all levels: Physical, Mental, Emotional and Spiritual. **Call: 215-292-9834 or visit Mike at one of his group classes (Tuesdays 6:30pm \$30. Your first TRE® class is free) schedule a private session, or ask about TRE® 3-week Immersion Classes. Find much more on our website.**



**Massage, Reiki and Bach Flower Remedy** with Cathy Scarpello, *Licensed Massage Therapist, Certified Health Coach, Reiki Master/Teacher, Bach Flower Essence Therapist, and Qigong Teacher.* **Listening, compassion, and respect are the foundations of all her work. Cathy has a range of massage techniques available.** Her stress-relief massages are deeply soothing and relaxing. People often remark that they feel like a new person after one of Cathy's massages. She

also specializes in neuromuscular pain relief therapy, and has a specialty in relieving shoulder and neck pain, and TMJ dysfunction. **As a Health Coach, Cathy supports slow, lasting change in diet and lifestyle** that supports living a balanced, satisfying, and energized life. She specializes in teaching reversal of Type 2 Diabetes and Acid Reflux. Having a healthy relationship with food supports having a healthy life. Bach Flower Essence Therapy helps us clear the interference we create for ourselves by using the vibrational remedies created by Dr. Edward Bach in the early 1900's. By answering a series of questions designed by Dr. Bach you select six remedies that address the internal growth process currently underway in your life. These remedies tune up your inner qualities so they work for you rather than against you, allowing doors to open in your life for expanded experience and expression of your true self. **Reiki is a hands-on energy healing modality** that can greatly reduce stress, and brings out the highest possible healing. A Reiki session is very relaxing, and helps to clear the mind of stress. Physical healing is also possible with Reiki. Unless you request otherwise, Cathy begins all of her massage sessions with five minutes of Reiki. **Call Cathy to schedule your appointment: 215-262-2273. Private sessions cost \$80 for an hour, \$135 for hour and a half.**



**Integrative Coaching** with Danielle Ivins-Fishman, *Integrative Coach, Hypnotherapist, Emotional and Social Educator, Certified TRE® Provider and a Safe and Sound Protocol (SSP) Provider.* **Danielle has ONE Goal and that's to guide and support you in connecting to your most powerful and fulfilled Self; Physically, Mentally, Emotionally and Spiritually.** Danielle guides and facilitates with her warmth, experience, and passion. She also integrates her education and

techniques to meet clients right where they are, facilitating based on their organic process and their organic needs. Danielle utilizes Integrative Coaching and Education as her vehicle to guide those who are looking to release and reframe their past, become reacquainted with their powerful Selves, and to reclaim every area of their lives fully and confidently. We begin our work together by targeting one specific area of your life where you need the most support. From there, we will journey with you in growth, awareness, healing and discovery as you align your life with what is most important to You and your Values on ALL Levels of Self. **Schedule a complimentary call with Danielle: 267-779-6341 or email her at [daniellefishman1@gmail.com](mailto:daniellefishman1@gmail.com).** **Find much more about Danielle's services and pricing on our website.**



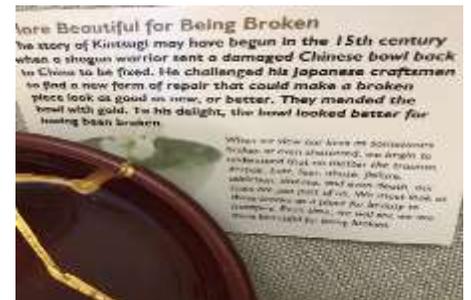
**SSP, The Safe and Sound Protocol** *What is the Safe and Sound Protocol and how can it help?*

SSP is a simple and effective treatment which alleviates and supports many chronic physical and psychological symptoms such as: > *Emotional & Social Regulation* > *Depression* > *Digestive Issues* > > *Focus/Attention/Memory Issues* > *Anxiety & Hyperactivity* > *Muscular Tension & Pain* > *Chronic Low-Energy* > *Sensory Sensitivities* > *Trauma Support (PTSD, C-PTSD)* > *Prolonged Grief & More...*

SSP uses a specific frequency bandwidth of sound through digitally filtered music, and trains the middle ear muscles to filter out low frequency sounds that are allowed through in a traumatized person's nervous system. The constant state of anxiety, terror, or shut-down, just to mention a few examples, is felt in the body and mind of a person with autonomic dysfunction. After receiving a SSP treatment, clinical studies have shown drastic shifts in behavior, difficult emotional states, and somatic disorders through the Dorsal Vagal circuit of the autonomic nervous system. **For more information contact Danielle Ivins-Fishman: 267-779-6341 or visit our website.**

**Here are more comments from our clients:**

- \* Nice atmosphere, TRE® instructors and Mind Body instructor deliver a solid great class. FG
- \* Love the TRE® class, super instructor and really helpful class AD
- \* I have recommended Airmid to several people GW
- \* This was my first-time having acupuncture done. Everyone was very calming. She talked to me to see where I needed help and when she was doing the acupuncture, she picked up on the fact I also have problems with back. I felt much better when I left and I will definitely come back again. DD



**Visit our website for more details and special pricing options on all of our wellness services**  
**[www.AirmidWellness.com](http://www.AirmidWellness.com)**

## Yoga & Wellness Classes

**Yoga and other movement classes have many health benefits** including reducing stress, anxiety, and depression, improving memory loss, imbalance, improving sleep, increasing flexibility, reducing symptoms of menopause, losing weight, lowering blood pressure, reducing the pain of arthritis and back pain, building lean muscle and strength of bones.

**As a wholistic healing center, we're not a gym or fitness center. Yoga is different at Airmid. Our classes are small and intimate with experienced and compassionate instructors.** In this safe and non-judgmental environment, all ages and all experience levels receive personal attention. We especially welcome beginners and intermediates or those who prefer a healing and supportive environment to learn or continue their yoga or other movement practice.

**Your first class is free and the first 30 days is only \$30 for unlimited classes including Tai Chi and Meditation Classes as well as Chair Yoga and fun and empowering yoga classes for kids ages 4 to 11.** Below are descriptions of these classes. **Pick up a class schedule in the office or visit our website.**



**Meditation Class** with Cindy Miller ***Meditation helps to quiet the mind, relieve stress and heal on an emotional and physical level.*** Starting in a seated position with breathwork and centering to help relax every part of your body and mind. Then lying down, we do a guided visual meditation. We close in a seated position coming back into the moment quieting the mind and body. This class brings awareness of acceptance, self-love and gratitude. You will leave feeling peaceful, grounded and calm.

**Gentle & Restorative Yoga** with Andreia Rio ***Renew and restore your body, mind and energy.*** We start class by centering and mindfully exploring the breath; building on a gentle sequence of postures to balance the body and mind. Then we transition effortlessly to restorative postures which help to bring balance and a sense of well-being. We always finish with deep relaxation; leaving us feeling renewed and restored. Andie's approach to the practice is delicate, respectful and sensitive; as a Reiki practitioner she brings special attention to each student. This class is a great way to start your day or transition from a hectic day into a tranquil and restful evening.



**Fun Yoga for Ages 4-11** with Jen Leary ***Yoga is a tool empowering the child to self-regulate emotions and achieve calm in an overstimulating world.*** Yoga improves behavioral issues for all children including those with learning disorders and has also been shown to improve the lives of children with autism spectrum disorders. Children of this age love to role-play and pretend, so this yoga class lets them be who they are. This class is high energy and fast paced to keep them focused and moving. Helps develop motor skills, ability to socialize and develop a greater self-reliance and empathy.



**Tai Chi** with Mike Thomas ***Tai Chi helps reduce stress and anxiety and it also helps increase flexibility and balance.*** If you're looking for a way to reduce stress, consider Tai Chi (TIE-CHEE). Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements. Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because Tai Chi is a low-impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise.

**Start your day with Restorative Yoga** with Elizabeth Jones **We begin our practice with centering and chanting which warms up the body; followed by a short, quiet meditation to steady the mind and focus our attention on being present.** Next, we are guided into gentle poses and then several longer held postures (supported with props as needed). Following the sequence in this manner helps to calm the nervous system and release deeply held tension as well as replenish low or depleted energy. We finish-up with a reclined deep relaxation to integrate the many benefits of our practice; including release of muscle tension and stress and restored vitality. With this practice your body, mind and emotions are refreshed and energized with a sense of joy and well-being to help you meet and embrace life more fully and meet the challenges of the day.

**Vinyasa Flow Yoga Levels 2-3 Intermediate & Advanced** with Kimberly Robinson *is a motivating and inspiring session to create balance in mind and body.* This intermediate to advanced class offers students yoga asana instruction, hands on adjustments and pranayama (breathwork) to create more space in both the body and mind. Experience an eclectic flow of power with mindful prana in this motivating, inspiring and challenging session. As in all classes, you are encouraged to listen to your body and move at your own pace; and to modify the postures to meet your own physical abilities. You will feel energized, yet rested to create a balance between the yin and yang. Class ends with a long restful and restorative Savasana.



**Chair Yoga** with Patti Tuberty *Yoga is for everyone, even with limited mobility, unable to sit on the ground or have trouble getting up.* There is no need to miss out on the benefits of yoga just because you may have restrictions. Chair yoga offers people of all ages and abilities all of the benefits of traditional yoga in a chair. We begin by tuning into our breath to calm and focus the mind. Next, we warm up with gentle movements to loosen our shoulders, ankles, legs, feet and hands.

Then we slowly transition into a flow of seated yoga postures while synchronizing these movements to our breath. Each class concludes with a restorative Savasana; a brief period of conscious rest to integrate the benefits of our session. This class will help to increase your strength, flexibility and energy and decrease stress. You'll leave feeling balanced in body, mind and spirit.

**Vinyasa Flow Yoga Levels 1-2 Beginner & Intermediate** with Cindy Miller *This class is for beginners who would like to start experiencing the amazing benefits of a yoga practice and intermediate students who want to grow their practice and learn more advanced poses.* It is more active with modifications and support as needed for each student to continue to explore. Vinyasa Flow is a type of yoga that links movement and breath to bring balance in the mind and body. You will experience a sequence of a continuous flow of basic yoga poses with proper alignment and become more familiar with use of the breath. Inhalation is usually connected to upward, open movements, while exhalation is often tied to downward movements or twists. As in all classes, you are encouraged to listen to your body and move at your own pace. If you find yourself in any class that feels too challenging you can always choose not to do a pose. At any time if you feel uncomfortable, you are welcome to rest or modify the poses to fit your own comfort and fitness level. *You will feel energized, yet rested to create a balance between the yin and yang. Class ends with a restorative asana.*

**Here are a few comments from our clients:**

- \* Very friendly and accommodating staff. I especially like the small intimate setting. FG
- \* A very warm and gentle place! GR Instructor was great with the kids. Very informative & knowledgeable. DS
- \* My yoga class with Cindy was awesome. Yoga has helped me so much with strengthening; and stretching my muscles has helped me greatly with my mobility. I've never tried yoga before and now each time I come I'm more and more amazed at what I can do that is a wonderful feeling. It not only helps the body but also the mind when you can quit the mind you can calm the body when you calm the body the body is relaxed when the body is relaxed it is easier for the body to let go of the stress. DD
- \* This is an absolutely awesome place to take yoga classes. I signed up for the introductory 30 day offer and am definitely going to keep attending. I have, so far, been to at least 12 classes with three different teachers and each one was terrific. I am 75, never took yoga classes before, but did NOT feel ill at ease or uncomfortable at all because Airmid is a warm, welcoming space. This was one of the best things I have ever done for myself and my well-being. ES

**Class Prices for Yoga, Tai Chi & Meditation Classes**

- **\$15 per class / First class is Free / First Month Unlimited: 30 Days for \$30**
- Unlimited Monthly Yoga Membership: \$99
- 4 Class Yoga Pass: \$50 – \$12.50 per class
- 6 Class Yoga Pass: \$65 – \$10.83 per class
- 8 Class Yoga Pass: \$79 – \$9.88 per class
- \* \$74
- \* \$40 – \$10 per class
- \* \$55 – \$9.17 per class
- \* \$66 – \$8.25 per class

\* **Discounted rates for Seniors age 60+ / Youth age 17 & under/ Military & First Responders**

