



1260 Old York Road, Hartsville Professional Village, Warminster, PA 18947

Counseling Office: 215-293-0744 Yoga & Wellness Services: 609.220.9982 Fax: 215-293-0745

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 1st & 3rd 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, Tai Chi, Pilates Classes

Download our Mindbody app on your smartphone for easy scheduling.

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

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. **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. April is a licensed Acupuncturist with a strong background in Traditional Chinese Medicine theory with elements of 5 element acupuncture. and a Zen Shiatsu Practitioner. With over 9 years of experience in holistic medicine, she provides specialized attention to the patient and works closely with them to achieve their health goals. April also has a 16-year background in the Martial Arts which provides her with laser focus required to design an effective and efficient treatment for every individual. April's main interest is in establishing balance within each patient: body, mind and spirit. Through a joint effort of Patient and Practitioner, she believes that optimum health potential can be reached. **Contact April: 267-495-8528 to schedule a private session \$80 or at our 1st and 3rd Friday Wellness Clinic \$35**



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 1st & 3rd 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-minute session and set by appointment. The cost is \$75. A 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 Berceli, 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. 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.** **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 clients just like you:

- * *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

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 holistic 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 Pilates, 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.**



Gentle Yoga with Relaxation Meditation with Cindy Miller ***Class starts with centering and grounding to connect to the present moment.*** Slowly with soft subtle movements, we gently move through poses with mindfulness and awareness of our breath. Finishing with a relaxing meditation and visualization, this class will relax you at every level, help to reduce tension and anxiety and leave you refreshed and awakened to start your day. You will effortlessly feel more centered and grounded all day long.

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.

Pilates with Cindy Miller ***Fire up your core with Cindy as she leads you through this core-based practice of Pilates using props and breathwork.*** Get a mid-week boost as you fire up your core with Cindy as she leads you through this core-based practice of Pilates; using props and breathwork. Designed to support physical strength, flexibility, posture, and mental awareness. Suitable for all levels as modifications are always offered.



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.

