

Pivotal Wellness Newsletter

Pivotal Wellness
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Welcome Yoga Amor!

Clara, owner/operator, became interested in yoga over eleven years ago while pursuing a degree in Nutrition at the University of Colorado, Denver. As a group fitness instructor and athlete, she realized even though at the time she was young and full of energy, keeping this pace was rough on her body. In 1999 she attended a Yoga teacher training and recognized the value of yoga's complete package it offered. It changed her outlook on life, changed her physical strength and brought a balance to her body, mind and spirit.

Check out other events at www.yogamor.com

Gather at Pivotal on May 23rd at noon for an informal Yoga in the Park session with Clara, the cost is free so come find out what it can do for you!

Pivotal Wellness has adopted an open space!

We are proud to announce that we have adopted the "Redtail Ponds and Groves" area and we look forward to doing our part in keeping Colorado beautiful...

Please join us, Saturday May 30st at 2:00pm for a snack and a stroll while taking the time to smell the roses and stack up the refuse! Bring your children to enjoy the sunshine while learning what they can do to help mother earth.

(Sign up at the front desk)

Mother's Day Extravaganza!

First come First serve M.O.M's...Mothers Only Massages for \$45 6 slots available on Monday, May 11th. *Call to reserve your spot, payment will be taken at the time of scheduling. Special Gifts and pampering all day long... (*48 hours cancellation policy for full refund)

RockerBoard Classes

Dr. Brian Hollstrom will be giving a class on the use and advantages of the rockerboard. Come find out how you can benefit from this simple yet effective tool.

Classes will take place at Pivotal Wellness on: May 5th and May 19th in the back room from 6 pm to 7 pm.
Reserve your place now!

The Doctor's Out!

Jill Gone	May 18th-31st
Jill Gone	June 1st-June 4th
Brian Half Day	May 9th 12-2pm
Brian Gone	May 30th



HAPPY MOTHERS DAY!

May 2009

					1	2
3	4	5 RockerBoard Class 6-7pm	6	7	8	9 Dr. Brian Here from 12-2pm
10 Mother's Day	11	12	13	14	15	16
17	18 Jill Gone Till June 5th	19 RockerBoard Class 6-7pm	20 Jill Gone	21 Jill Gone	22 Jill Gone	23 Yoga in the Park <u>12pm</u> Jill Gone
24 Jill Gone	25 Jill Gone	26 Jill Gone	27 Jill Gone	28 Jill Gone	29 Jill Gone	30 Redtail Event <u>2:00pm</u> Brian Gone Jill Gone
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