

Greetings!

Speaking of Mindful Wellness...

The journey of the self...

- How many times have all of us said that we really need to take better care of ourselves? Taking care of yourself can start with little steps or big giant leaps. If that big giant leap causes too much anxiety, try taking little steps to improve your mind and body. We are here to help you on your wellness journey!
- Thank you Kristin Bitonte, owner of Grace Tree Yoga for the wonderful article about Yoga Benefits On & Off the Mat. She walks you through the types of yoga practices and the benefits it offers.
- Always remember to forget the things that make you sad. But never forget to remember the things that make you glad. Make someone glad! [Buy the gift of health! Select a digital gift certificate for a thermography scan or massage.](#)
- Check out the Breast Care Corner - The Benefits of Breast Cupping...

Yours in health & Wellness,
Jacky

Yoga Benefits On & Off the Mat



“Yoga is the journey of the self, through the self, to the self” ~ The Bhagavad Gita

By Kristen Bitonte, Owner of Grace Tree Yoga

When someone says yoga, what is the first thing that pops in your mind? Maybe it is one of the many things that I hear as a yoga instructor: I'm not flexible, I'm not the right size or shape, I'm too out of shape, I can't stand on my head, or it's too slow paced for me. Do one or more of these resonate with you? I'm here to tell you that yoga is truly for everybody - no matter size, shape, age, race, or gender. If you can breathe, then you can practice yoga. You just have to start by stepping on your mat. The things we are shown on social media are not always a good depiction of what yoga really is. You don't have to be flexible to practice yoga, you may never touch your toes, because your body isn't built that way, but what you gain in practicing will be forever transformative. I first found yoga to help me deal with the daily stress of being a mom, wife, boss and



all the other hats I wear. I was also dealing with an autoimmune issue that added to my stress and what my body was able to do. It is yoga that taught me the importance of breath, acceptance of my body, and turning inward to love and appreciate myself right where I was. Everyone's yoga journey is different, but here are some of the many benefits of yoga that you may experience both on and off the mat.

- ★ Reduce and manage stress & anxiety
- ★ Better sleep
- ★ Ease joint pain
- ★ Gain strength, flexibility and balance
- ★ Improve mood and energy
- ★ Mental clarity and concentration
- ★ Positive body image
- ★ Tuning inward - listening, loving and honoring who you are
- ★ Connecting with others
- ★ Developing new tools - breathwork, mindfulness, meditation
- ★ Healthier eating habits
- ★ Complimentary to cardio & weight training exercise
- ★ Detoxify the body
- ★ Release emotional blockages

With all of the wonderful benefits in mind, there are also several styles of yoga to meet different needs. Whether you are looking to build heat in the body, gently stretch your muscles, fully relax and let go, or something in between, there truly is something for everyone.

[Click to find out about different yoga classes, stress relief through yoga and so much more about Grace Tree!](#)

Looking to start a yoga practice, but not sure how to begin? Feel free to reach out to me, and we can work together to find the right fit for you.

Author:

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Special Incentive for New Students:

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Always remember to forget the things that make you sad. But never forget to remember the things that make you glad.



Make someone glad with the gift of health with a thermography scan or one of our signature massage treatments. Purchase your Instant Thermography or Signature Massage Gift Certificate.

[Buy an instant gift certificate!](#)

Upcoming Events

We are working with our lab locations to offer scans and keep everyone healthy.

Mobile Thermography Scans...

Please contact Robin Hanson-Gobell directly for dates and locations for the month of February.

513-443-5161

Dates TBD:

The Wellness Lounge - Lebanon, Ohio
Integrative Hormone Center & Pharmacy ~
Centerville Office
True2Form Chiropractic - West Chester, OH
Covenant Natural Healthcare - Florence, KY
Fully Alive Chiropractic - Springboro, OH
Advanced Chiropractic & Nutrition - Eastgate, OH

Click to find out how to schedule at one of our mobile locations!



Inflammation, Pain & Mobility

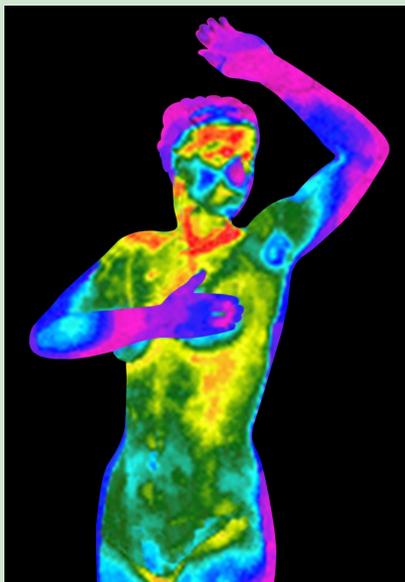
Low Back Pain...Ways to Detect & Treat Naturally

Saturday April 10th at 10 am

Zoom Presentation with Kim Nartker of Stretch Physical Therapy & Robin Hanson-Gobell of Holistic Health Mobile Thermography.

Mark your calendar Robin & Kim will share information about how to detect and reduce inflammation for decreased pain and better low back mobility. You don't want to miss this event!

Breast Care Corner



Breast Cupping....

Breast Cupping (vacuum style) massage is very versatile and can be used on the breast tissue to stimulate collagen, improve skin texture and tone and to increase blood flow to the breast which in turn may offer the plumping effect or fuller looking breasts.

We utilize the squeeze and release technique (suction) and move the cup toward the lymph nodes located under your armpits. We also use full-size specialized still breast cups. Cupping breast tissue is beneficial not only for cosmetic results but most importantly to promote healthy breasts. Cupping stimulates the lymphatic cleansing process, reduces inflammation, can help scar tissue and adhesions, tones and firms skin aiding in the rejuvenation

of the breast, as well as assisting the body to break down any benign cysts in the area. Vacuum therapies have demonstrated a dramatic detoxifying effect, allowing for a healthy pH of the blood and surrounding tissue.

Hostess Incentive

Invite your breast friends to learn more about thermography....

Hostess receives \$50.00 for providing the space for Robin to come and do her presentation. (To be put towards her thermography scan.)

It can be virtual or in person.

Then she also receives an additional \$25.00 (to be put towards her scan) for every scan booked and performed as a direct result of the presentation.



Can you help me?



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We're asking for your support?

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Of course, we hope you enjoyed the level of service you received. If so, we would love if you could leave your feedback on our Google Business Page or Facebook so we can help others on a health journey like you! Every review helps build credibility for future customers and your feedback would be greatly appreciated.

Thank you for taking time out of your day. We greatly appreciate it!

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Remember that you can avoid paying Sales Tax for massage therapy by getting a prescription from your doctor or chiropractor. All it needs to say is "Massage as needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!

scan online. Contact Jacky or Robin for more times!



Women's Health Initiative Foundation, whose mission is to empower women and guide them to the truth about natural options which prevent, treat, and defeat cancer and other diseases is proud to announce its newest offering. WHIF is accepting applications for financial assistance with the cost (full or part) of diagnostic thermography screenings for men and women on the full upper body through Mindful Wellness Medical Thermography and Holistic Health Medical Thermography. *Click here for more information and access to the application.*

Like me on *Facebook* to receive short therapeutic wellness tips to help your mind and body feel better.

Make a Donation



Contact Us

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Website

www.MindfulWellnessMedicalThermography.com

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