

COMMUNITY NEWSLETTER

Issue #2 - June 2010

The Time of Discover

Network Spinal Analysis (NSA) has 4 Seasons of Healing. Each Season has specific tools to support a better quality of life.

Today, let's learn about the Season of Discover

When we feel stressed or have too much on our plates, we will instinctively react in a defensive way. This 'fight or flight' (run away) behaviour actually puts our body in a 'defense posture' that can lock in over time.

When we are in defense (mentally or physically) our instinct and our priority is to keep ourselves safe. Do you find yourself coping and surviving, or guarded towards others?

The Season of Discover in NSA is associated with re-discovering the feeling of safety. There is always some ease or peace somewhere in the body, we just need to find it. Learning to find that peace within inspires us to rely on our strengths, and to have more trust in ourselves.

When we feel safe, we can address pain more efficiently. ***The body will not heal while it feels stressed or threatened.***

The body will only heal when it feels relaxed and safe.

Most people come to my office because of pain. Getting rid of the pain is their goal and even though the pain does go away they have yet to 'Master' Discover.

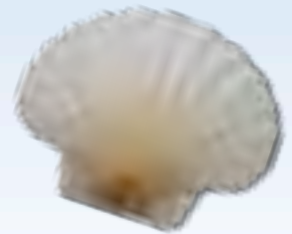
We want to Master the Season of Discover so that whenever we have a new stressful experience, we have the tools to deal with it easily. We do not automatically react, but can rationalize and function with the bigger picture in mind.

For existing patients the times to revisit Discover are when you:

- feel stuck
- are overwhelmed by new stressors
- have new challenging circumstances
- develop a new pain
- feel frustrated and nothing is working.

During these times, increasing your visit frequency will support you in Discovering more quickly and give you the ability to Transform your circumstance more efficiently.

Learn more at our Level 1 NSA Talk on Thursday, June 26 at 6:30pm. Everyone is welcomed! See schedule on the next page.



New Financial Incentives

During this time of financial unease, your health is more important than ever. For this reason, we have created some financial incentives for those looking for greater healing. Starting June 1st, we will be decreasing our chiropractic visit fees by \$5 for regular visits (adults, seniors and students). Also, we are introducing a brand new payment plan that allows you to pay in monthly installments in exchange for great savings. These incentives will be ongoing until further notice,



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Issue#1 - May 2010

June Schedule of Events

www.innerwavescentre.ca/calendar

Wednesday, June 16th

Breathing Workshop
Introduction to
Somato-Respiratory Integration
5:30 - 6:30pm

This new workshop is an introduction to using breath to create better body/mind connection and healing. Visit our website course descriptions for more detail.

Thursday, June 24th

"What Happy People Know"
Network Introduction & Level 1 Talk
6:30 - 7:30pm

Who can you help by introducing them to Network Spinal Analysis Care?

***An 80% discount will apply to all new patients who have attended a talk the same month of their first visit. And you receive a referral gift. (there is no charge for either evenings)*

Saturday, June 26th

Patient Appreciation Day!

****please note the change of date****

A fun filled day to honour our patients. Everything is complimentary! Come have some cake and a chiro visit. Plus, bring your family and friends and they will be eligible for a complimentary assessment or chiro visit as well. Plus, try our new SRI breath work sessions. See posters for all details.

Sunday from 10am-12pm is for kids only!

Come in for cake, treats and fun! Complimentary visits (or assessments) for the kiddies too!

June Massage Special

Our new Massage Therapist ~ Jackie Gillies ~ is offering these great **June Specials!**

2 great ways to save!

*40% off your 1st massage if you're a New Client

*50% off your 2nd massage if you book two massages during June

Jackie's New Hours:

Tuesday's 11am to 7pm

Saturday, June 12th, 9am to 5pm



Charity of the Month

Canadian Red Cross

The Atlantic Zone of the Canadian Red Cross is hosting an International conference in Halifax June 1st to 3rd. The conference features Canadian and International speakers with expertise and first hand experience in disaster management.

Did you know Hurricane season is here? Protect your family and property in 3 easy steps:

1. Have a plan
2. Make a kit
3. Be prepared

To learn more, visit

www.redcross.ca



Canadian Red Cross
Croix-Rouge canadienne