

Yoga Classes

Enjoy movement and connection as you work to strengthen, stretch, and reconnect with your body and mind.

Series Pass - valid for a single class time and for a specific period of time. Series passes have a lower price per class but are only best for those who can consistently attend their chosen sessions. They are not transferable to other classes and expire regardless of use.

Drop In	\$10
5 Week Yoga Series	\$30 for any specific class

Sticky Pass – will not expire for two years and can be used for any regular yoga or fitness class up to 1.5 hours long. Sticky passes are best for people who drop in here and there; who come to many different classes throughout the week, and otherwise cannot attend a single class time consistently.

5 Class Pass	\$35
10 Class Pass	\$60
18 Class Pass	\$90

How To Join A Yoga Class – Drop in to any class at any time. Your first class is always free, so bring a friend and try a time that works for you. Wear comfortable clothes that breathe when you come to class. Yoga mats are available for drop in students to use.

Back To Bliss offers an extensive menu of services for a variety of different relaxation and therapeutic goals. Complete details are found online and at our facility.

Payment Methods – Back To Bliss accepts cash, check, and credit card payments. We do not accept insurance.

Price Levels – Our pricing structure reflects the education level of our staff based on training and years of experience. Some of our staff are budding talents while others have become true masters of their craft through years of experience. All of our staff attend regular training to bring you the best in the industry. We offer Student, Associate, Advanced, and Senior Price Levels that reflect the breadth of experience in our staff.



BACK TO BLISS
CENTER FOR WELLNESS

MENU OF SERVICES Marathon Location

Now Open – Back To Bliss is proud to announce the opening of its first satellite location within the Marks Chiropractic building in downtown Marathon.

Thanks for helping us to continue bringing quality massage therapy, yoga, and wellness to Central Wisconsin!



Hours Of Operation

Mon – 9-7pm
Tue – 9-5pm
Thu – 9-7
Fri – 1-9
Sat – by apt.

Gift Certificates
are available

Back To Bliss - Colby	Back To Bliss - Marathon
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Colby, WI 54421	715.316.0040
715.316.0040	
info@backtoblisswellness.com	

www.backtoblisswellness.com

Massage Therapy

All of our services, whatever style you choose, are individualized so that you feel comfortable, modest, and genuinely delighted with your entire experience.

How To Prepare For Your Service – Following the recommendations below will enhance your experience and its health benefits. Plan to arrive 15 minutes before your service to register and relax beforehand.

DO – Drink Allow the body to fully process and release the toxins stirred up by your service. Drink plenty of water the entire day of your appointment.

DON'T – Eat Give yourself at least 2 hours to fast before your appointment or yoga class.

DO – Cleanse Feel fresh, comfortable and relaxed before you begin. Wash, go to the bathroom, and wear comfortable clothing.

DON'T – Beautify Enjoy an experience where you can be yourself without judgment, without pretense, and without apology. There is no need for jewelry, make up, hairstyling, or shaving before you arrive.

Service Descriptions

Signature Elemental Massages – This massage series brings your entire being into balance by finding the core rhythms that will unlock your buried tension in mind and body. Choose your elemental state each time you receive a service.

NMT (Neuro Muscular Therapy) – Ideal for pain, strain, posture, and long term functional problems in the neuro-musculo-skeletal system. A typical series will include therapy at more frequent intervals, often two or three times a week. As the body begins to heal, we will space them out until you can move to a signature elemental massage maintenance plan.

Pregnancy Massage – Finding relaxation and relief from the pains of an ever-changing body are the goals of this massage. Whatever body position and techniques at our disposal that are needed to help you and your little one feel great will be employed. Massage techniques can help to turn the baby and to ease/induce labor.

Reflexology - Revitalizes your bodies' natural healing forces so that every cell feels calm, balanced, and relaxed. Pamper yourself with this foot treatment and rejuvenate the foundation of your body. Using the body's natural connections, this treatment stimulates and balances the organ systems of your body.

Lymphatic Detox Massage – This service provides powerful detoxification through delicate pressure and soothing rhythm. Float away during this peace filled massage which focuses on the front side of the body. Exfoliate and stimulate your skin, receive a blissful massage, then rest and allow the body to continue moving fluids and toxins out of your system.

Traveler's Ease– This 15 minute vigorous full body massage gets all of your major muscles moving again, so you can too. Great for a 15 minute rest stop to refresh and revive you.

Belly Ease – Invigorate your core organ systems with this rejuvenating abdominal massage. Amazing amounts of tension at the physical and emotional level can be eased away with regular belly massage, try it today!

Headache Ease – This therapeutic treatment seeks out and addresses tension in the major headache causing muscles. The use of massage, hot and cold applications, and essential oils help alleviate the tension, pressure, and pain of headaches.

Breath Ease – Powerful bodywork techniques will relax the muscles of inspiration while aroma, steam, and other subtle techniques work to release the deeper emotional and nervous system components of constricted breathing.

Reiki (Japan) - Strengthens the bodies' healing force. This subtle energy therapy balances the endocrine system and increases the free flow of energy throughout the body.

	Prices	Assoc.	Advanc.	Senior
Signature Elemental 45 min:		40	45	50
Buy 6, get 1 Free:		240	270	300
Signature Elemental 75 min:		55	60	65
Buy 6, get 1 Free:		330	360	390
Signature Elemental 90 min:		65	70	75
Buy 6, get 1 Free:		390	420	450
NMT 15 min:		18	20	22
Buy 6, get 1 Free:		108	120	132
NMT 30 min:		30	35	40
Buy 6, get 1 Free:		180	210	240
NMT 45 min:		40	45	50
Buy 6, get 1 Free:		240	270	300
Pregnancy ~60 min:		38	40	42
Reflexology 30 min:		30	35	40
60 min:		45	50	55
Lymphatic 60 min:		45	50	55
75 min:		65	70	75
90 min:		85	90	95
Traveler's Ease 15 min:		18	20	22
Belly Ease 30 min:		30	35	40
Headache Ease 45 min:		40	45	50
Breath Ease 30 min:		35	40	45
60 min:		55	60	65
Reiki ~30 min:		30	35	40
~60 min:		55	60	65