



BACK TO BLISS

A WELLNESS CENTER

Massage . Yoga . Ayurveda

Class Schedule: May. – Sep. ‘10

Monday

4:30-5:45pm Beginning Yoga Josiah
+6 week series Aug. 9th-Sep. 20th

Tuesday

5:15-6:15pm Bliss Yoga: Gentle Restorative Josiah
+6 week series Aug. 10th-Sep. 14th

10-11:00am Bikini-Ready Bootcamp Monica
+6 week series Aug. 10th-Sep. 14th

6:30-9pm ***H&H Alumni & Professional's Trade Night**
Full trade every 2nd Tuesday

Thursday

6:30-9:00pm *Massage your Mate: Couples massage
6 Weekly classes Aug. 12th – Sep. 16th

Saturday

7:45-9:15am Fitness Yoga: Level 1-2 Josiah
+6 week series Aug. 14th-Sep. 25th

Sunday

5:00-6:15pm Fitness Yoga: Level 1-2 Monica
+6 week series Aug. 15th-Sep. 26th

*Wellness Classes are not included in Monthly Unlimited Yoga.
+Pre-registration deadline is 10 days before class start date.

Class Closings:

All yoga classes will be closed for the following dates. Regular massage service schedules will be available during these times.

Labor Day weekend – 9/4-9/6



BACK TO BLISS

A WELLNESS CENTER

Massage . Yoga . Ayurveda

Class Schedule: May. – Sep. ‘10

Monday

4:30-5:45pm Beginning Yoga Josiah
+6 week series Aug. 9th-Sep. 20th

Tuesday

5:15-6:15pm Bliss Yoga: Gentle Restorative Josiah
+6 week series Aug. 10th-Sep. 14th

10-11:00am Bikini-Ready Bootcamp Monica
+6 week series Aug. 10th-Sep. 14th

6:30-9pm ***H&H Alumni & Professional's Trade Night**
Full trade every 2nd Tuesday

Thursday

6:30-9:00pm *Massage your Mate: Couples massage
6 Weekly classes Aug. 12th – Sep. 16th

Saturday

7:45-9:15am Fitness Yoga: Level 1-2 Josiah
+6 week series Aug. 14th-Sep. 25th

Sunday

5:00-6:15pm Fitness Yoga: Level 1-2 Monica
+6 week series Aug. 15th-Sep. 26th

*Wellness Classes are not included in Monthly Unlimited Yoga.
+Pre-registration deadline is 10 days before class start date.

Class Closings:

All yoga classes will be closed for the following dates. Regular massage service schedules will be available during these times.

Labor Day weekend – 9/4-9/6

Getting Started

Setting Up Appointments – Our doors are locked between classes and during appointments, so please call ahead before stopping by our location and to set up your appointment time.

We accept appointments from 8am to 8pm, seven days a week.

Plan to arrive 10 minutes before your service to register.

Payment Methods –

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



How To Prepare For Your Service – Following the recommendations below will enhance your experience and its health benefits.

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

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.

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.

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.

When You're Ready – Ask about our Wellness Programming for ways to deepen your experience.



BACK TO BLISS

A WELLNESS CENTER

Massage . Yoga . Ayurveda

A LA CARTE

Menu Of Services & Class Schedule

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

	15 min	30 min	60 min	90 min
Swedish Relaxation	\$20	\$30	\$50	\$70
Neuromuscular Therapy	\$20	\$30	\$50	\$70
Abhyanga	\$50	\$70
Lymphatic Massage	\$30	\$50	\$70
Craniosacral Therapy	\$30	\$50	\$70
Reiki	\$30	\$50
Reflexology	\$30	\$50
Hot Stone Massage	\$60
Anti-Aging Facial	\$30	\$50
Ayurvedic Facial	\$30	\$50
Natural Acne Therapy	\$30	\$50
<hr/>				
BioMat Infrared	15 minute service			
Heat Relaxation	Drop in - \$5, 5 pass - \$10			

Gift Certificates are available.

Back To Bliss
608 N Division ST
Colby, WI 54421
715.996.1196

info@backtoblisswellness.com

Beginning Yoga Special

Students new to yoga at Back To Bliss may enjoy our Beginning Yoga Special. Our Beginning Yoga classes will work through a six week series of foundational yoga material; see below for days and times. Give yoga a try in a class designed with beginners in mind.

Six weekly Beginning Yoga classes are only \$25 for new yoga students.

See insert for our Beginning Yoga class start times.

Yoga Class Prices

Your 1st Yoga Class is FREE. After that, class passes may be purchased based upon the number of classes desired or a length of time.

Monthly Unlimited Yoga Pass	\$40
30 days from the date of purchase. Includes Beginning Yoga, Bliss Yoga Classes, and Fitness Yoga Classes.	

Drop-In	\$8
5 pass	\$30
9 pass	\$45

Yoga Class Descriptions

Yoga levels are based upon both the physical intensity of the class as well as your knowledge of the poses themselves. We offer 4 levels of progressive class instruction and 2 class styles. You are welcome to attend any class at any time, regardless of level. Simply modify the poses given in class to suit your needs.

Gentle Restorative Yoga focuses on cleansing and pain relief. Extensive use of bolsters coupled with long held poses will deeply rejuvenate both mind and body. Beginning Yoga is for detailed instruction of technique to get you started. Yoga 1 & Yoga 2 expand your capacity in strength, flexibility, and knowledge of yoga.

Fitness Yoga focuses on giving you a workout that expands your physical capacity. These classes will keep you fit and powerful in a balanced way that also helps reduce stress and calm your mind. Bliss yoga's philosophy and intention of spiritual development follow more closely to the classical aspects of yoga. Find deep connection, rejuvenation, and open your heart to the divine with Bliss Yoga. Both styles are still hatha yoga, with all of the aspects you expect from a yoga class.

Massage Service Descriptions

Swedish Relaxation – unwinds the tension from your body. When you want quality, spa pampering, and the, "Ahhhhhhh" factor, then this is the massage for you.

Neuromuscular Therapy (NMT) – focuses on finding the best and fastest way to relieve muscle pains and tightness in your body. These massages can include stretches and frequent changes of position. When you want results, this is the massage to choose.

Abhyanga – connects you at all levels of being with long sweeping massage strokes. Surrender to the deep and soothing rhythms of head-to-toe full body massage and release deeply buried tension from body, mind, and soul.

Lymphatic Massage – provides powerful detoxification through delicate pressure and soothing rhythm. Float away with during this peace filled massage which focuses on the front side of the body.

Hot Stone Massage – Deeply soothes and warms the body. Delight in this flowing massage where hot stones melt your cares away. *Please request this service specifically when scheduling your appointment to allow for stone preparation time.*

Craniosacral Therapy – is subtle, gentle, and profound. It focuses on the connective tissues of the head and spine; resetting and balancing deep bio-rhythms. This service is performed fully clothed with no oil or other lotions applied to the skin.

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.

Reiki – strengthens the bodies' healing force. This subtle energy therapy balances the biofield and increases the free flow of energy. This meditative service is performed fully clothed with no oil or other lotions applied to the skin.

BioMat Infrared Heat Relaxation – brings you tranquility and focus in only 15 minutes. Far infrared light rays and negative ions stimulate blood flow while a guided relaxation leads you to deep rest. Remain fully clothed for this relaxation experience.

Facial Service Descriptions

Anti-Aging Facial – moisturizes and restores your natural glow. Herbal oils and liposomes feed your skin, allowing it to renew faster. **Bring back your skin's vitality and start looking younger!**

Ayurvedic Facial – is one of India's ancient beauty secrets. This facial uses rare and exquisite Indian aroma-extracts for exceptional results. **Treatments are specifically designed for each individual's constitution based on a personalized diagnosis.**

Natural Acne Therapy – uniquely combines healing herbs and oils to thoroughly clean and nourish the skin. This treatment provides the necessary nourishment to assist the skin in healing blemishes, skin rashes, and acne, thus creating beautiful, healthy skin.