



# Circle of Joy

## **Nia (Neuromuscular Integrative Action)**

Dance fitness movement power exercise fun! *With Wendie Martell, Nia Blue Belt*  
Ongoing Tuesdays 6:00 p.m. First class at Circle of Joy is *FREE!* (\$6 or donation)  
Wednesdays, 8:15 a.m., YWCA of Wausau (\$6 Drop in, 10 classes for \$50)  
Fridays, 7 a.m. Woodson YMCA, Wausau (YMCA Members free, Nonmembers \$10)  
Call 715-551-1970 to confirm. All levels of fitness experience welcome!  
*Save the date: Nia Hawaiian Luau 2010 is July 24, 10 a.m. to 1 p.m.*

## **There is Only Love**

Move into healthier relationship with yourself and others! Gain insight to what you are bringing to your relationship, how to clarify needs and allow agreements. Share strategies that sharpen your sensory awareness. Experience expressive exercises that enable you to tell the truth, listen and receive, and increase attention to detail to enhance intimacy. This class is based on education and body-centered practices of Nia. Nia combines dance, martial arts, and healing approaches as movement therapy. Sunday, May 16, 2-4:30 p.m. Suggested love offering \$15/\$20 couples.

## **Primitive skills workshops**

May 8 Bowl/spoon making

June 12 Fire by friction

Classes begin at 1:00 pm at Circle of Joy. Suggested donation \$15

Contact - Brian Williams 715-551-0179

## **Understanding and Healing Trauma**

Traumatic events cause changes in the brain, body, and behavior. Learn the effects of trauma and therapies to facilitate recovery. Wendie Martell-Williams, LCSW, is a certified trauma counselor with over 10 years of experience in assisting people to heal from many types of overwhelming experiences.

Date: Saturday, May 29, 9 a.m. to noon. Suggested donation \$20.

## **Women's Empowerment for Life**

### **Recover, and become your full potential, one step at a time**

Meetings will be ongoing, 4:30 p.m. Tuesdays, for women who want a new take on sobriety, codependency, and overcoming depression or anxiety. We will use the 16 Steps of Recovery and Empowerment, expressive movement, motivational music, and practical self-care to make healthy changes. Suggested donation \$10 per group. (Call 715-551-1970 to join). Free Wausau group meets Wednesdays, noon to 1 p.m. at the Universalist Unitarian Church.

## **Massage-Renewal and Healing**

**Marcy Wiltgen**, certified massage therapist, also skilled at myofascial release and cranial sacral techniques, offers times for massage therapy and body work at Circle of Joy on Monday afternoons and evenings, and Wednesday and Thursday evenings between 5:30 and 8:30 p.m. Prices for massage are \$50 per hour, and \$30 for 1/2 hour. Call Marcy at 536-9574 for an individualized session. **Massage gift certificates offer revitalizing!**

## **Overcoming Depression, Building Resiliency**

Are you ready to move beyond the pain of depression and truly feel well? This group will assist you to identify the type of depression you are experiencing, and provide education and therapeutic support to relieve current symptoms and prevent future relapse. Topics are based on The Chemistry of Joy by psychiatrist Henry Emmons. The group meets once a month, Saturdays, 9 a.m. to noon followed by an optional healthy potluck meal. Call 551-1970 for more information or to register.

## **Total Body Detox Sauna**

Try our infra-red sauna for cellular detoxification and weight loss. This heat is not like other saunas! The feeling is that of releasing, purifying, and of aliveness after you shower with just water. Read about the benefits at

[http://www.jashbotanicals.com/articles/far\\_infrared\\_saunas\\_1.html](http://www.jashbotanicals.com/articles/far_infrared_saunas_1.html)

Cost is \$5 to sample, \$8 after, for up to a one hour session (bring your own towels).

## **Nurturing Your Body, Feeding Your Soul Intensives**

Interested in transforming your diet and lifestyle? Choose an hour, a part of a day, or more for a personal consultation. Assessments will give insight to how to balance your body type, overcome food addiction, enhance nutrition, implement exercise, and create greater wellbeing. Explore Eastern and Western approaches, including Ayurveda, and neuro-psychology. Donation is \$30/hour individualized, and \$10/hour in groups of 3 or more!).

**Call 715-551-1970 for more information or to register.**

Circle of Joy is located in Merrill on Hwy 17 North.

**Circle of Joy is alcohol, tobacco, sugar, caffeine, and refined flour-free!**

*All donations help with remodeling and upkeep of Center of Joy.*

*In kind donations are always welcome!*

***Volunteers are valued for yard, construction, cleaning, or specific projects.***