



Sanibel Wellness
2402 Palm Ridge Rd. #4 239-395-1100

*Natural Healing and Pain Relief
Through Massage Therapy, Yoga, and More...*

Dear Friends:

Because all of us need a little help being healthier and happier, the staff of Sanibel Wellness has created this Wellness Newsletter to provide you with tips, techniques, and wisdom to help you lead a happier, less stressful, and more vibrant life. Read on...

Welcome to the First Sanibel Wellness Newsletter!

Over the coming weeks we'll be writing about various natural approaches to stress management and pain relief including yoga, massage therapy, meditation, Ayurveda, Traditional Chinese Medicine, nutrition and more.

We'll also be introducing you to the award winning staff of Sanibel Wellness, and to the healing modalities that they specialize in, such as Craniosacral Therapy, Reiki, Hot Stone Massage, Raindrop Therapy, and Thai Massage.

Each Wellness Newsletter will also contain special offers on products and services available ONLY to Wellness Newsletter subscribers. **See below for details on this week's special offers!**

To begin with, I'd like to introduce myself. My name is Murari Brian Healy and I am the director of Sanibel Wellness. I am a licensed massage therapist and a certified yoga and meditation teacher and I have been studying the varied aspects of holistic and natural health care for over seventeen years. My Sanskrit name, Murari was given to me during a period of residency at the Kripalu Center for Yoga and Health in Lenox, MA. I have been practicing on Sanibel since 1991 and now work out of our beautiful office on Palm Ridge Road. In addition, I am currently teaching Mindful Yoga classes at the Sanibel Community Center and at B.I.G. Arts in the Phillips Art Gallery.

I am eager to share with you information and experiences of healing that are outside the mainstream of today's modern, technology driven, high cost healthcare industry. There exists thousands of years of great wisdom on health and healing that have been amassed by cultures from the around the world. This knowledge has great relevance in dealing with the increasing rates of cancer, diabetes, arthritis, heart disease, AIDS, hypertension, addiction, and depression, that are being experienced today.

I have created Sanibel Wellness, sanibelwellness.com, and this Wellness Newsletter towards achieving the following:

- 1) Communicating holistic, alternative and complementary perspectives on health and healing to people at large and especially those who are seeking relief from pain, whether physical, mental or spiritual
- 2) Connecting people to a vast array resources, including trained professionals that can help them to heal, to feel better and to BE better.
- 3) Providing individuals with the ultimate in holistic health care treatments and services, facilitating their personal growth.

I look forward to sharing more with you in the future!

Murari Brian Healy, LMT, CKYT

[Visit our Website](#)

Mindful Yoga Classes with Murari & Aleta Elting



Tuesday, Wednesday, Thursday 9AM-10:15AM at the Sanibel Community Center, 2175 Periwinkle Way.

Saturdays 9:30-10:45AM at the Barrier Island Group for the Arts (B.I.G. Arts) at 900 Dunlop Rd. in the Phillips Art Gallery.

\$13 per class. Mixed level flow classes open to all. Drop - ins welcome. A limited number of mats and props are available but if you have your own bring 'em. Murari teaches Tuesdays, Saturdays, and every other Thursday. Aleta teaches Wednesdays and every other Thursday.

NOTE: SCHEDULE GOOD THRU 04/30/05

Summer Classes forming now!! Please call us ASAP if you are interested! Sign up four other people and your class is FREE!

[Click for More Yoga Class Info](#)



Special Offer -\$15 OFF of Massage and Bodywork!!



Take \$15 OFF any massage or bodywork service of one hour or more at Sanibel Wellness. Offer good Thru 4/30/05. Not good with other offers.

Book your appointment online or call us at 239-395-1100!

Mention this email to claim your discount.

[Click Here to Book Online!](#)

Words of Wisdom: Mother Teresa



"People throughout the world may look different or have a different religion, education, or position, but they are all the same. They are the people to be loved. They are all hungry for love."

"It is easy to love the people far away. It is not always so easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your own home for this is where our love for each other must start."

"Whatever religion we are, we must pray together. Children need to learn to pray and they need to have their parents pray with them."

- Mother Teresa

(1910-1997)

[More Mother Teresa Quotations](#)

We hope that you've found this Sanibel Wellness Newsletter helpful. Do you know anyone else that might benefit from our Wellness Newsletter? Scroll down to send them a copy! If you have any questions or would like to book an appointment with our staff or attend one of our classes please call us at 239-395-1100.

Sincerely,
Murari Brian Healy, LMT, CKYT
Director
Sanibel Wellness
email: brian@sanibelmassage.com

PLEASE NOTE: Sanibel Wellness is committed to keeping your contact information private and does not share information with any outside sources, private, commercial or otherwise.

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