

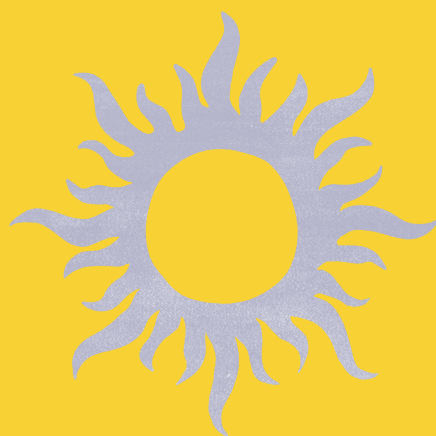


JANUARY 2026 NEWSLETTER



WHY BE ORDINARY WHEN
YOU CAN BE
EXTRAORDINARY

CALLING
ALL
SEEKERS!



FOR MORE INFO
ON CLASSES
AND UPCOMING
EVENTS VISIT:

AGARDENFORWELLNESS.COM

UPCOMING EVENTS

Visioning the Year Ahead - A New Year Soul
Collage/Vision Board Workshop w/Tasha 1/9 1>3:30

SRI with Dr Deana on 1/10 3>5pm

Contagious Collaboration Book Club with
Dr Deana on 1/15 1:30

Yoga Sculpt with Laci
Sunday January 4 & 25th 10 to 11:10AM

VISIONING THE YEAR AHEAD

A New Year Soul Collage + Vision Board Workshop
with Tasha Grand

📅 Friday, January 9, 2026 | 1:00 PM – 3:30 PM

📍 The Garden for Wellness

💰 Cost: \$25

📞 Contact: 706-968-3976

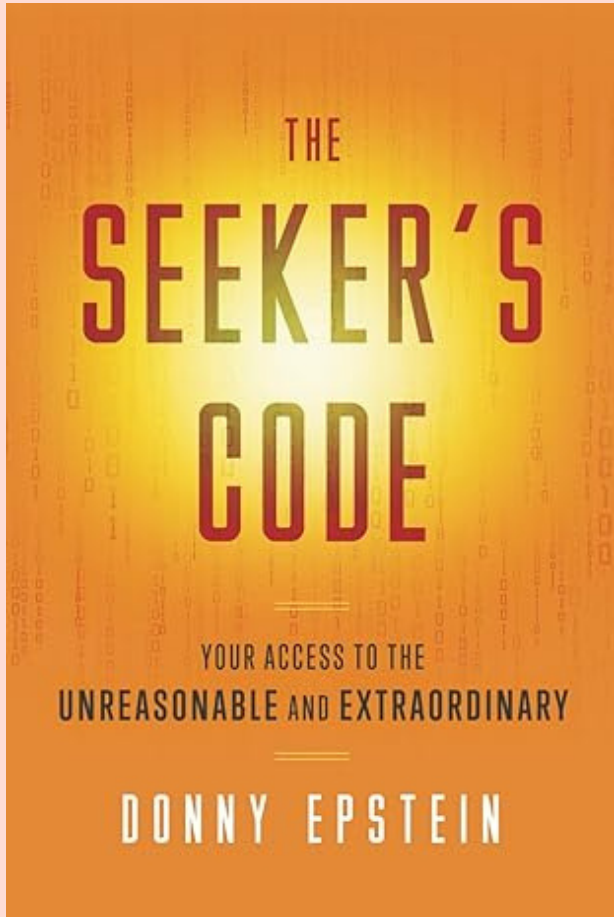
Begin the new year with clarity, creativity, and soul. Join Tasha Grand for a nurturing and inspiring workshop designed to help you reflect on the year that's ending and call in the energy you want to cultivate in 2026.

- ✦ A gentle guided meditation to release the old year
- ✦ A powerful intention-setting ritual
- ✦ Soul collage + intuitive vision board creation
- ✦ Supportive group energy + creative play
- ✦ Nourishing space to listen deeply to your inner voice

All materials provided.

No artistic experience needed—just an open heart.

CONTAGIOUS COLLABORATION



Tap into your most energetic self through the innovation of creations codes. By harnessing specific codes, you can live your most energy rich self. By engaging in this collaborative process, participants can learn to channel their inner vitality and creativity, resulting in a more fulfilling and dynamic life. Using "creation codes" is a structured yet flexible framework that encourages exploration and personal growth. Through this experiential "book club" individuals can discover how to align their personal energy with their goals and dreams, leading to a more vibrant and productive existence. Embracing these concept not only fosters individual empowerment but also contributes to a collective upliftment, as shared energy and enthusiasm can inspire communities to flourish together.

BOOK CLUB

Thursday,
January 15th at
1:30pm

SRI

Saturday,

January 17



Somato Respiratory Integration, or SRI, uses breath, energy, movement, and declarations to have awareness, acknowledgement, and acceptance of unresolved, bound emotion from the past or future. SRI liberates this energy and brings you into the present.



**Join us for our
workshop on
January 17
from 3pm-
5pm \$30 to
attend**



For more information about SRI and our other workshops, see our website www.agardenforwellness.com.

UPGRADES

We upgrade our phones, computers, and applications. It is time to upgrade the energy and information highway and create new means of experiencing and responding to rapidly changing personal, relationship, business and community energetics and dynamics. Advanced methods of healing that initiate higher levels of information, bandwidth and energy is required for us to make the jump from where we are to where we must be at this critical time in human history. In the next tier of human experience, we are all being called to experience and respond to rapidly changing paradigms in health, relationships, gender, environment, economy, social and political systems. To do this we must raise the bar on what a healthy human nervous system, information and energy systems are. We must hack the current reality barrier to potentiate a new way of seeing and responding in the world, a way that goes way beyond wellness or the “me”...to a more vital and collaborative “we”. NetworkSpinal is a tool to help make this jump to what is being required of us individually and collectively in a healthy and connected way to potentiate healing of the individual and the field that connects us all. We can be a part of healing and living systems that are the next levels of disruptive technologies that provide for direct experience and participation with the organizing forces and energies of life, guiding us to a collective, healthier MORE. It is the backbone of the shift that is happening in the world. Network 3.0 is about Congruence. Coherence. Sustainability. Ecological value for the individual's use of energy. Commitment to evolving standards. Growing the field together. The public will know that they will be receiving MORE from a community of dedicated practitioners, consistent with what is possible for humanity.

Donny Epstien

CHIROPRACTIC/ ENTRAINMENT SCHEDULE

January 2026

**DR. DEANA WILL BE IN THE GARDEN
ALL MONTH**

**DR. DEANA WILL BE TAKING APPTS
BEGINNING AT 9:00 AM ON TUESDAYS**

**THURSDAY 1/15 CONTAGIOUS COLLABORATION
BookClub 1:30 to 2:30**

**SATURDAY 1/10 SRI - Somato Respiratory Integration
3:00 to 5:00pm**

For more details and updates about these events, please
visit our website or follow us on social media
AGardenforWellness.com



A Garden
FOR WELLNESS

CLASS SCHEDULE

January



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Monday

10:00 am Yoga Basics
with Candy
2:00 pm Spinal Hygiene
with Deana*
6:15 pm Free Form Music
Experience with Casey
\$Pay What you Want!\$

Tuesday

10:00am Yoga Slow &
Contemplative with Casey
2:00 pm Senior Stretch with
Deana*
6:15 pm Yoga Strength &
Mindfulness with Justin

Wednesday

6:15 pm Hatha Flow
Yoga w/Laci

Thursday

10:30 am QiGong
with Cindy

Friday

10:00 am Joint Freeing
with Candy

Saturday

10:00 am Community Yoga
\$Pay What you
Want\$

Sunday

Yoga Sculpt with Laci
January 4th & 25th 10:00 - 11:10am

*Silver Sneakers Eligible