AGARDENFORWELLNESS.COM



FEBRUARY 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

Two Valentine's Partner Yoga Events
Thursday 2/12 6:15-8 with Laci &
Saturday 2/14 10-11:30 with Tasha

SRI with Dr Deana on 2/14 3>5pm

Contagious Collaboration Book Club with Dr Deana on 2/19 1:30

Yoga Sculpt with Laci
Sunday February 8 & 22nd 10 to 11:10AM

Network Spinal Conceptualized

This type of gentle application of force utilizes the force bound up in the system withholding information that is no longer available, making it available to you. The more trauma that you've had, the more tension built up ,the more the mind has locked up information in the system.The very precise touch with the right amount of force, in the right place activates receptors and allows you to experience your self organizing wisdom. One example is: A practice member gets off the table and says why does my shoulder move in its socket when you only touch my spine? Or when you touch my upper neck my pelvis starts to writhe in a place that it never moved before with emotions. Does everyone cry after you touch them and not even know why. You get to experience the organizing wisdom of life, not a theory as REAL life. When you experience a true experience it changes you. Most of life is about not having a real experience, it is about having a concept.

At times your practitioner might do a structural adjustment or use another method to address you. It is not networkspinal, however your practitioner may feel it is important for you at that particular time.

Another aspect is that you may want to be treated and or diagnosed with something. Is it this or that? That is best done by an MD. who diagnoses and treats disease to what is legally defined as restoring you to a prior minimal state. We have NO intention to restore you to a prior minimal state. It's okay to get treated for a condition. IT"S A TOTALLY DIFFERENT THING THAN OPTIMIZING THE SYSTEM.

Do people have extraordinary symptoms in this care. If you optimize the system, there is more energy, more band width, more self awareness, more awareness of the world….Yeah lots of things improve.

The question is would you rather have a good nerve supply and coherent nervous system or a less efficient one? Do you want to drive a dodge dart or a cadillac?

Another consideration is: whatever diagnosis is being made it's being made with the body's limited capacity.

If you want to be in care, and I am assuming you are to enhance your NS, advance your spine improve spinal and neural integrity, life integrity and experience. This is the place for you.

If you want something else, talk to your practitioner, it may be time to see someone else.

This office specializes in one particular area of chiropractic care, the area in advancing spinal and neural integrity for your spine and your life and our assessment is about you, the whole person AND your spine and nervous system.

COME ON AND ALLOW YOURSELF TO HAVE AN EXPERIENCE.



NETWORK SPINAL EXPERIENCED

Do people have extraordinary symptom relief in this care. If you optimize the system, there is more energy, more band width, more self awareness, more awareness of the world….Yeah lots of things improve.

The question is would you rather have a good nerve supply and coherent nervous system or a less efficient one? Do you want to drive a Dodge Dart or a Cadillac? Do you want access to the most possible function as you age or not?

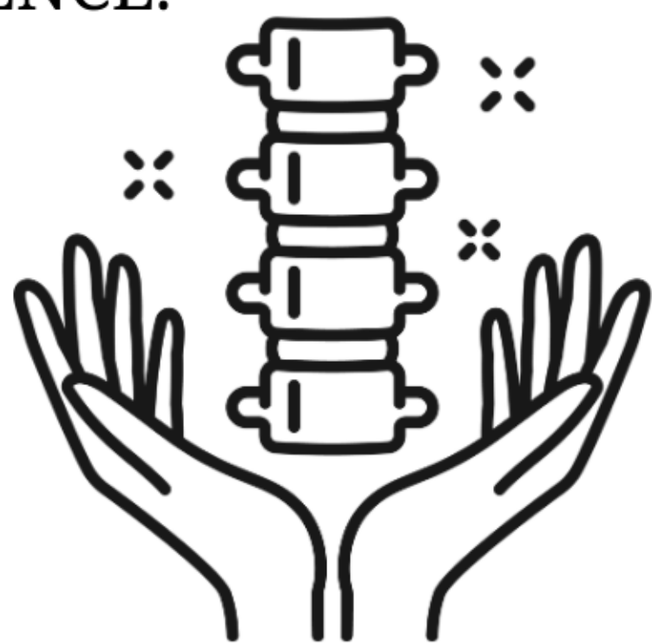
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Partner Yoga Valentine's Week

at A Garden for Wellness

Two chances to connect!

Fun & Social Partner Yoga

Thursday, February 12 |
6:00–8:00 PM

- $18 per person or use class card
- Date night • Friend night • *Galentine's*
- Limited spots
- Photobooth 📸
- Pink hot chocolate & tea ☕✨
- Candlelight + red & pink lights

Gentle & Heart-Opening

Saturday, February 14 |
10:00–11:30 AM

- $18 per person
- Beginner-friendly • Gentle assisted poses
- Connection, laughter, and ease

✨ No Partner Required — come solo or with a friend. We'll pair you gently and respectfully.

Laci Jamison

Yoga with 🧘 Laci
A Garden for Wellness

Text 706-968-3976 to register.

A Garden for Wellness,
Clarkesville, GA





Limited spots available – reserve yours now!

YogaWithLaci.com

SRI

Saturday, February 14

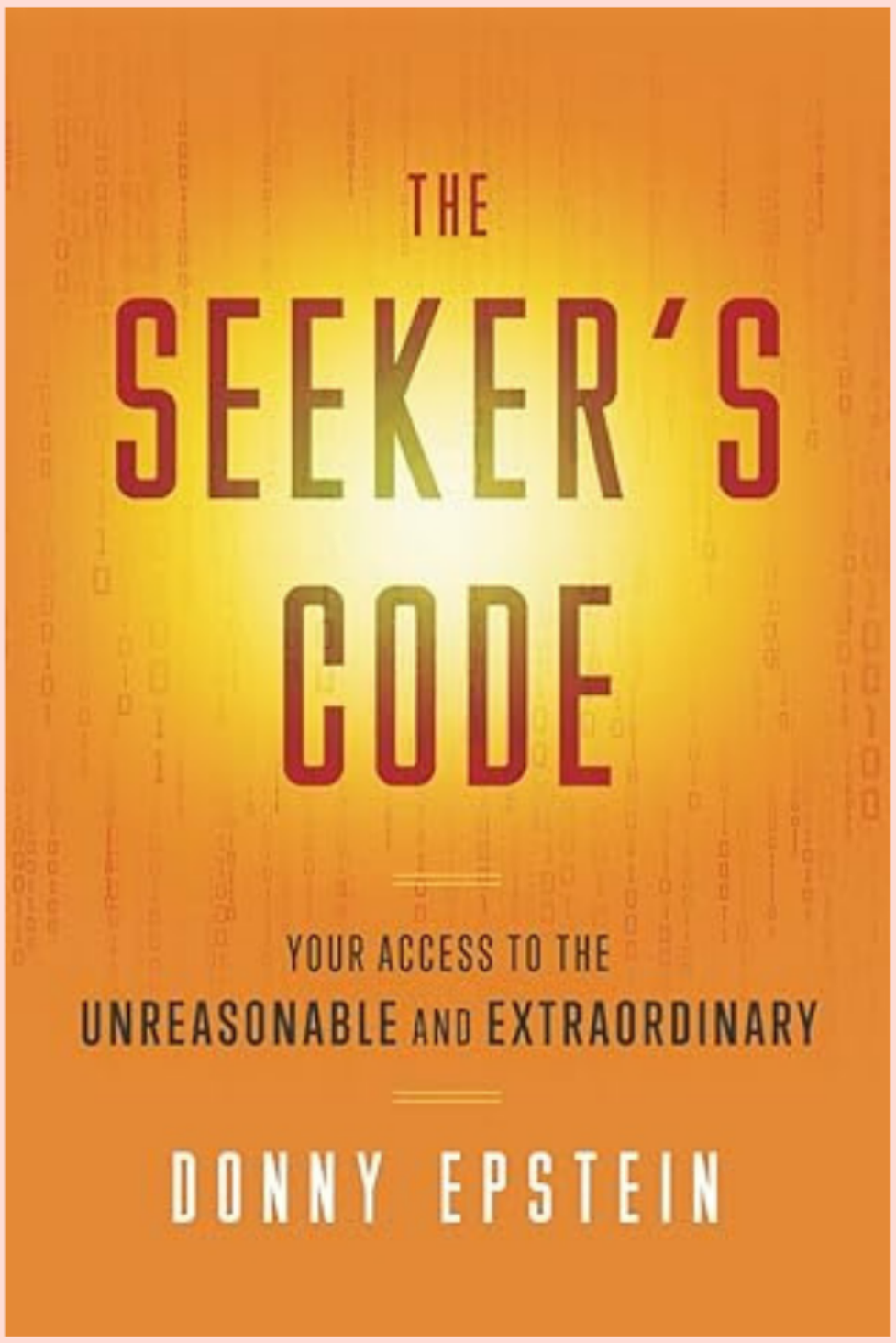
Somato Respiratory Integration, or SRI, uses breath, energy, movement, and declarations to have awareness, acknowledgement, and acceptance of unresolved, bound emotion from the past or future. SRI liberates this energy and brings you into the present.

Join us for our workshop on February 14 from 3pm-5pm $30 to attend



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

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, February 19th at 1:30pm

Dr Deana will host a Nutrition Talk and Cooking Classes begining in March.
AGFW's Monthly Newletter will be featuring a New, Delicious, and Healthy Recipe for your enjoyment.

Recipe of the Month



Spicy Beef and Zoodle Soup



Ingredients:

2 T avocado oil

1 ½ lbs top sirloin (preferably grass fed and organic) cut into bite size pieces.

3 T fresh ginger, minced

2 cloves garlic, chopped

8 oz Cremini mushroom, sliced

6 cups beef bone broth (organic recommended)

¼ cup apple cider vinegar

¼ cup coconut aminos

¼ cup sriracha

1 large zucchini, spiralized (about 3-4 cups)

Sea salt and ground black pepper to taste.

Optional: 2 cups of your favorite veggies, such as cauliflower, broccoli, and bok choy

Garnish: ⅓ cup chopped green onion

METHOD:

Heat the avocado oil and when it is hot sauté the beef, ginger and garlic for 3-5 minutes, until the beef is lightly browned on all sides. Add the mushroom, broth, vinegar, coconut aminos and sriracha. Add the veggies. Cook until the veggies are tender and the meat is fully cooked. Add the zoodles and cook until they are tender (about a minute or two).

Season with Salt and Pepper and garnish with green onion

FEBRUARY *SCHEDULE*

FOR ENTRAINMENT/CHIROPRACTIC/NUTRITION

FEB *2ND-6TH*

DR.DEANA IS OUT OF THE OFFICE THIS WEEK
MON & TUES-DR. VANESSA IS HERE
THUR & FRI-DR. LIZ DRISCOLL IS HERE

FEB *9TH*

DR DEANA OUT ON MONDAY-NO ENTRAINMENTS BUT WILL RETURN ON TUESDAY-FRIDAY AS NORMALLY SCHEDULED

FEB *16*

DR DEANA HERE ALL WEEK

FEB *23*

DR DEANA HERE ALL WEEK

A Garden
FOR WELLNESS

CLASS SCHEDULE
February

A Garden
FOR WELLNESS

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

February 8th & 22th 10:00 - 11:10am

*Silver Sneakers Eligible