



SEPTEMBER EVENT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Lunchtime Meditation 12:10-12:30 p.m. Healthy Kitchen Class 5-6:30 p.m. AromaTouch 5:30-7:30 p.m. Reiki 5:30-7:30 p.m.	2	3
5 Labor Day - Statera Closed	6	7	8 Lunchtime Meditation 12:10-12:30 p.m. HeartMath Intro Sessions 5:30-7:30 p.m.	9	10 Prenatal Breastfeeding Class 9 a.m. - 12 p.m.
12 Milk Party 9:30-10:30 a.m. No Limb-its Social and Support Group 4:00-5:30 p.m. Your Birth: Beyond the Basics (1st of 3) 6:30-8:30 p.m.	13	14	15 Lunchtime Meditation 12:10-12:30 p.m. Community Acupuncture 5:30-7:30 p.m.	16	17 The Body Clinic Series: Core and Pelvis Stability 10:30 a.m. - 12 p.m.
19 Your Birth: Beyond the Basics (2nd of 3) 6:30-8:30 p.m.	20	21	22 Lunchtime Meditation 12:10-12:30 p.m. Reflexology 5:30-7:30 p.m.	23	24
26 Milk Party 9:30-10:30 a.m. Your Birth: Beyond the Basics (3rd of 3) 6:30-8:30 p.m.	27	28	29 Lunchtime Meditation 12:10-12:30 p.m.	30	

3375 Lake Ridge Drive, Dubuque, IA
Register at stateraintegrated.com
(563) 207-8932

@StateraIntegrated on Facebook and Instagram
Breathe... Inhale Hope. Exhale Healing.

See back for detailed information

The Healthy Kitchen: Clarified Butter/Ghee

Join Tonya Mayerle, Ayurveda Health Counselor, in making ghee! Ghee, also known as clarified butter, has been used for thousands of years in cooking and Ayurvedic treatments. In this class, you will make your own organic, salt-free butter, share recipes, and everyone will be able to take a sample home.

Thursday, September 1, 5-6:30 p.m.
Statera Upper Level, Kitchen, \$25

Your Birth: Beyond the Basics

In this class you will learn tips and tricks you won't hear in other birth classes. You will know how to work with your body, not against it, for a more comfortable, efficient birth. Whether you choose to give birth at a hospital, birth center, or at home it is important to understand all of your birthing options.

3-week series meeting on Mondays, 6:30 - 8:30 p.m.
Statera Lower Level, Open Studio, \$125
(Virtual attendance is an option for those who prefer it)

Prenatal Breastfeeding Class

Knowing about breastfeeding and what to expect is a good idea before your baby arrives. This hands-on, interactive class will give you the knowledge you need to feel ready to meet your baby and start the breastfeeding journey. Moms are encouraged to have a support person come along for the class.

Saturday, September 10, 9 a.m. - noon
Statera Upper Level, Conference Room
\$40 (partner attends for free)

The Body Clinic Series: Core and Pelvis Stability

Join Tricia Serres, DPT, and Malia Ridgeway, Stott Pilates Instructor, for an interactive clinic that will address pelvis and lower back alignment strategies, strengthening and activation of deep core muscles, and appropriate stretches to reduce low back pain and improve postural stability.

Saturday, September 17, 10:30 a.m. - noon
Statera Lower Level, \$25



The Healing Benefits of Nature

This special program offered in September and October includes:

- Personal Growth, 90-minute session
 - Meditation Initial, 60-minute session
 - Meditation Follow-up, 30-minute session
 - Forest Bathing Workshop
- ~ 10% off additional Life Purpose and Wellness Coaching
~ 10% off additional meditation sessions
~ 10% off Riverbluff purchases at Statera

\$228.00

(20% savings, plus additional discounts Sept/Oct)

stateraintegrated.com/promotions

Thursdays are for Healing

Lunchtime Meditation

Take a Mindful Moment with us! This is a free, weekly, guided meditation to connect to self using techniques that can lower heart rate, blood pressure, stress, or anxiety. Learn skills that are immediately useful and accessible, all you need is a moment in your day to sit and connect to the present moment.

Thursdays, September 1, 8, 15, 22, 29
12:10-12:30 p.m.

FREE on Facebook Live -- www.facebook.com/StateraIntegrated

AromaTouch

Therapeutic grade doTERRA essential oils are used on the hands and/or feet to relax, detoxify, soothe achy muscles, combat fatigue, and boost immunity.

Thursday, September 1
5:30-7:30 p.m.
Upper level - \$40 (30-minute session)

Reiki

We store life experiences as energy patterns in our energy anatomy. Some of those experiences create blockages interrupting the free flow of energy. Tuning forks and Reiki help by channeling positive energy into your body resulting in stress reduction and relaxation.

Thursday, September 1
5:30 - 7:30 p.m.
Upper level - \$40 (30-minute session)

HeartMath Introductory Sessions

HeartMath helps you tap into the power and intelligence of your heart – your heart's intuition – which awakens you to the best version of yourself. Offering one-on-one appointments for all ages, or monthly introductory sessions the 2nd Thursday evening of the month.

Thursday, September 8
5:30-7:30 p.m.
Upper level - \$40 (30-minute session)

Community Acupuncture

Community acupuncture allows for individualized treatment through a 30-45 minute treatment in a common treatment area.

Thursday, September 15
5:30 - 7:30 p.m.
Lower level - \$40 (30-minute session)

Reflexology

Reflexology is a holistic, non-invasive therapy based on the theory that every part of your body has corresponding reflex points found on your feet.

Thursday, September 22
5:30 - 7:30 p.m.