

NEWSLETTER

JANUARY 2026 | (563) 207-8932

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"Your mind, emotions and body are instruments and the way you align and tune them determines how well you play life."
~Harbhajan Singh Yogi

2026 WORD OF INSPIRATION

At Statera, each year we thoughtfully select a word of inspiration that reflects our core values and supports our mission. This word becomes a guiding theme for the year ahead—shaping our messaging, our logo wear, and the way we show up for our patients, clients, and one another. As we look ahead to the new year, we're honored to announce our word of inspiration for 2026: Align. A reminder to bring our minds, bodies, and actions into harmony, to return to center, and to move forward with intention, balance, and purpose.



Snow Angels

"Bring back nostalgic memories of the warm indoors after a day of making snow angels with a heavenly combination of warm Frankincense, fresh Wild Orange, and minty Peppermint essential oils." ~doTERRA

- 3 drops Frankincense
- 2 drops Wild Orange
- 2 drops Peppermint

More diffuser blends for the winter season:
<https://www.doterra.com/CA/en/blog/diy-holiday-diffuser-blends>



Welcome to the TEAM



OUR NEWSET TEAM MEMBERS

Welcome to Lindsey Runde, front desk receptionist and Kathy Loeffelholz, Nurse.

Join Our Team:

- Front Desk Receptionist
- Physical Therapist
- Mental Health Counselor

Learn more:

<https://www.stateraintegrated.com/join-our-team>

- Family Practice
- Functional Medicine
- Hormone Replacement Therapy
- Mental Health
- Holistic Nutrition
- Integrative Health Coaching
- Chiropractic
- Physical Therapy
- Dry Needling
- Acupuncture
- Reflexology
- Massage Therapy
- Reiki, Sound Healing
- Esthetics



UPCOMING WORKSHOPS

No Limb-Its Amputee Social & Support Gatherings, 1/5, 4:00-5:30pm, FREE, with Amy McFadden, Physical Therapist

Prenatal Yoga, 5 weeks beg. 1/5, 5:30-6:20pm, \$80, with Lacy Knipper, Birth Specialist

Community Acupuncture, 1/15, appointments available 5:00-6:30pm, with Ashley Straka, Acupuncturist

Living Well: One Word for 2026, 1/15, 5:00-7:00pm with Nicole Hutchison, PT, CSCS, Integrative Health Coach.

Your Birth: Beyond the Basics, 3 weeks beg. 1/19, 6:30-8:30pm, \$150, with Lacy Knipper, Birth Specialist

Learn more: <https://www.stateraintegrated.com/workshops-events>

STATERA Fitness, Pilates, Meditation

Equipment Based Pilates (EBP) **Antigravity®**

Fitness, Pilates & Meditation

MON

8:00-8:50am Multi-level EBP Malia
 9:00-9:50am Level 2 EBP Malia
 4:30-5:20pm Level 1 / 2 EBP Malia
 4:30-5:20pm Mat Pilates Blend Shannon
 5:30-6:20pm Level 1 EBP Shannon

8:30-9:20am Strength & Balance Nicole
 9:30-10:20am Chair Fit Nicole
 4:30-5:20pm Mat Pilates Blend Shannon

TUES

7:30-8:20am Multi-level EBP Sue
 8:30-9:20am Level 2 EBP Sue
 10:00-10:50am Level 1 EBP Sue
 11:00-11:50am 60+ Restorative EBP Malia
 4:30-5:20pm Multi-level EBP Malia
 5:30-6:20pm Antigravity Malia

9:00-9:50am Cardio+Strength+Yoga Tobey
 10:00-10:50am Yin Yoga Tobey

WED

8:00-8:50am Pilates Fitness Malia
 9:00-9:50am Pilates Fitness Malia
 4:00-4:50pm Bone Health EBP Malia
 5:00-5:50pm Pilates Fitness Malia

8:30-9:20am Strength & Balance Nicole
 9:30-10:20am Stretch Nicole

THURS

7:30-8:20am Multi-level EBP Sue
 8:30-9:20am Level 2 EBP Sue
 10:00-10:50am Level 1 EBP Sue
 4:30-5:20pm Multi-level EBP Shannon
 5:30-6:20pm Level 1 EBP Shannon

9:00-9:50am Cardio+Strength+Yoga Tobey
 10:00-10:50am Yin Yoga Tobey

FRI

9:00-9:50am Chair EBP Malia
 11:00-11:50am 60+ Restorative EBP Malia

9:00-9:50am Breath, Mindfulness, Meditation Nicole
 10:00-10:50am Oov Malia

SAT

7:30-8:20am Multi-level EBP Malia
 8:30-9:20am Active Aging EBP Malia
 9:30-10:20am Multi-level EBP Malia
 10:30-11:20am Multi-level EBP Malia

7:30-8:20am Pilates Sculpt Lori

PRICING

Drop In: \$28
10-Pass: \$252 (\$25.20ea)
20-Pass: \$476 (\$23.80ea)
30-Pass: \$672 (\$22.40ea)
30-Day Unlimited: \$169/month

Drop In: \$16
10-Pass: \$150 (\$15ea)
20-Pass: \$280 (\$14ea)
30-Pass: \$390 (\$13ea)
30-Day Unlimited: \$99/month

Fitness, Yoga, Oov & Healthy Aging Wellness Classes, Equipment-Based Pilates (EBP) & AntiGravity®
 A private one-on-one introductory Pilates session is required before signing up for classes

All-Class Pass: \$241.20/month

