

Smiling Sage Wellness

April, 2026



We've got your back!

Whether you're needing some extra support physically, or wanting to learn about something regarding health & wellness, Smiling Sage has something for everyone. Most offerings are by donation, except for 1:1 hands-on services.

Check our website or Facebook page for further information beyond what fits in this newsletter format!

1

KETTLEBELLS

Mondays from 5-6pm
Working out is more fun as a group! (FREE)

2

ESSENTIAL OILS

Every Tuesday (6-7) immediately following Community Coil Time. (New topic each week)

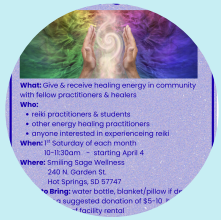
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MUSIC CIRCLE

Improvise with others as we play with sound together. **2nd & 4th Wednesdays (5-7pm)**



Self-Improvement:
Join us for Personal Development & sharing of tools on the healing journey.



Reiki Circle (1st Saturday):
Drop in to learn more! 10-11:30am



New things on the horizon...
Sunday 4/12 @3pm:
Our first edible/medicinal plant gathering - join us!!!

Personalized Services

Here at SSW, we have a variety of practitioners to choose from. We aim to provide you with options and alternatives as you empower yourself to find natural solutions and improve your lifestyle choices.

Guess what?! We have both facial and foot reflexology now, & our practitioner will treat you to some lymphatic drainage work and even myofascial release on your neck, to enhance your experience. You're in for a treat during an appointment with her!

Are you aware that we have FIVE Coil Practitioners! We want to be sure you know you can receive your first hands-on session with one of them at half-price on the 1st Thursday of the month (so April 2) @ 4-6pm.

Everyone loves a good massage...but did you know you can achieve more than just relaxation from one? The benefits of being trained in different modalities allow for our Massage Therapist to customize each session



based on your needs on the day you come in for a treatment. Julie is ready to listen and respond to your goals, and she'll pull from her toolbox to help you achieve optimal results!

“We aim to provide you with options and alternatives as you empower yourself to find natural solutions”

Walk in on a Monday during our Open Office Hours from 10-2, give us a call at (605) 220-7252, or stop in at one of our events to learn more about all that we offer!

WELLNESS DAYS

Our next Day of Wellness is set for April 25th. These events are so much fun - and allow for us to gather together and nourish our whole Beings. Mind..Body..Self.. Come and take in a variety of experiences during the day to rejuvenate both energetically and physically. Enjoy something you're familiar with already, AND try something new for the first time. We encourage you to arrive with an open mind for learning, healing, and growing with us! We love to share these experiences and witness the transformations happen.

HOPE TO SEE YOU THERE! (Flier and detailed schedule will be coming out soon. Keep an eye out for it!)

