

# Ananta News

February 2009



## Happy Valentine's Day!



How about something different for Valentine's Day this year. Instead of fancy restaurant dinners, jewelry, roses, and the traditional expensive greeting card, try some of these money saving and very personal ideas:

- Let all the family know that Valentine's Day is a day of celebration, so no bickering or teasing
- Create a family Valentine mailbox. You will need a box with a lid, and have the whole family involved in decorating it.
- Have everyone in the family make cards for each family member, using whatever bits and pieces you have lying around the house. Have each card say at least one nice thing about that family member
- Have a family dinner at home. Have all the family participate in the preparation and try to accommodate as many favorite dishes as possible
- Don't forget dessert! :)

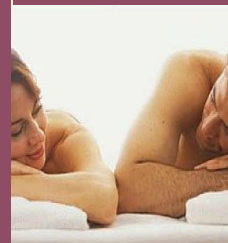
## Self Care



Self care is about giving yourself the gift of wellness. Until medical science can catch up with our desire to not be constrained by time and give us new bodies when we wear the old one out, we have to take care of what we have right now. How you take care of yourself; your body, your mind and your spirit has a direct and immediate effect on your quality of life today and in the future. Allowing yourself the space and time to nurture your whole being increases your capacity to give to others. If you have not been giving yourself this time, I invite you start this month. Start with five minutes and eventually work your way up to one hour per day. Take a leisurely walk, read a book, take a bath, immerse yourself in the "thing" that brings such complete joy and has the ability to remove your mind from the rest of the world. You will be amazed at the changes in yourself, and eventually the changes in your world.

## Featured Service

### Couples Massage



Unwind and de-stress as you and your partner enjoy full body stress relieving massages at the same time, in the same room, by Crystal and Jamie. (includes your choice of aromatherapy).

This service is also open to mother/daughters, sisters, friends, etc.

**60 min. \$127.50**

**Save 15% Feb1-28**

## Featured Product

### Dry Skin Balm



Dry cracked skin is a distant memory with this amazing balm. Infused with herbs that are known for helping skin repair itself, enjoy soft nourished skin. Love your skin again!

**10% off the 1 oz and 2 oz sizes**

## Special Offer

### Free Reiki



Purchase a gift certificate for any 1 hour service during February and receive a 1/2 hour gift certificate for Reiki for yourself. Reiki certificate expires 03/31/09



Ananta Jiva~410 Jerry St~Castle Rock CO 80104  
www.anantajiva.com~303.590.5670