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2009 Healthcare Benefits

We're pleased to examine your insurance benefits to see if they contribute to your care.

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Chiropractic for Kids

Good health starts early. Ask Dr. Julie how Chiropractic plays an important role in kid's development.

Issue: 20 2.17.09

Greetings!

I frequently suggest that patients try yoga or pilates to help reduce stress, improve fitness or flexibility, and to also serve as a means for rehabilitation.

What I have been missing when I make this recommendation to you is that our instructors have been trained all over the world and represent some of the best in the city. Here at Ascent, you are able to have a small class ratio, sometimes 1, 2 or 3 with a yogi that generally has 20 to 30 students per class. Your fortune to have these teachers in an intimate environment is nearly unbelievable.

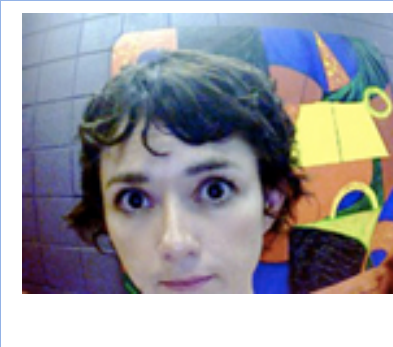
I urge you to read their bios and come to their classes as the value of their knowledge in this small setting cannot be found anywhere else.

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center 303.343.8800

Why our Yoga & Pilates classes are so Classy!

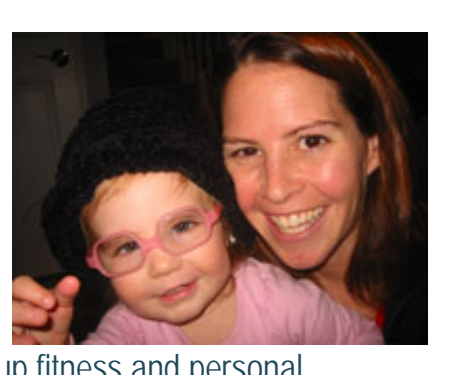


Buffy Barefoot

- Buffy's passion for Yoga follows a devoted career as a professional dancer. Her Masters in Fine Arts in Dance with a concentration on somatics and restorative work pair nicely with her healing lifestyle and focus on nutrition. [Learn more about Buffy.](#)

Casey Feicht

Casey began teaching Yoga after completion of a 200 hour certification with the [White Lotus Foundation](#) in CA and a residential [Jivamukti Certification](#) in NY. Casey's training qualifies her to provide yoga for Kids and Prenatal Yoga. Her background in group fitness and personal training enable her to work with people of all different levels of health and fitness. [Learn more about Casey.](#)



Karen Lerner

Karen's practice of Yoga began in '97 with notable teachers [Shiva Rea](#) and [Bryan Kest](#), as a means for recovery from herniated disc surgery. She received her certification from Hansa Knox, a Kripalu-based training, and is drawn to the Anusara method. As a scholarship recipient from DU, Karen studied in Israel with Orit Sen Gupta for [Vijnana Yoga](#) and with Diane Bloomfield for [Torah Yoga](#) and Kabbalah Yoga. Karen also accomplished [Jivamukti](#) teacher training. [Learn more about Karen.](#)

Renee Ellis, Yoga & Pilates

Renee brings a professional background of psychology, and health and wellness to her Yoga & Pilates instruction. As a certified fitness instructor and personal trainer, Renee works closely with participants on overall personal health coaching. Renee is available for one on one instruction and coaching. [Learn more about Renne.](#)



Allison Zuelke, Yoga

Allison holds a degree in Health and Wellness from Metro State College, and completed Contemplative Yoga and Pre-natal Yoga Teacher Training at the [Prana Yoga and Ayurveda Mandala Training Center](#). Allison focuses on "Yoga as Therapy" as she supports each individual's needs. Her classes are ideal for participants of all levels of experience and also for dealing with prior injuries, health issues, pregnant women. [Learn more about Allison.](#)

Why is Ascent different than other Chiropractic clinics?

Chiropractic + Acupuncture + NET + Nutrition

Could you imagine making four different appointments to bring together the disciplines of [Chiropractic](#), [Acupuncture](#), [NET](#) and [Nutrition](#)? Better yet, try getting each of your practitioners to communicate and share their findings.

Good news, you don't have to! Dr. Julie is pleased to provide each of these disciplines to her patients during each and every appointment.

Free Protein Shake Meal Replacement!

Edurance For Life Protein Mix 100% BioActive Whey Protein with Natural Immunoglobulins

- 40% More Protein
- Low Glycemic Index
- 30% Higher Biological Value than Soy Protein

Daily Essentials For Life - Pharmaceutical Grade multi-vitamins

Receive a second Endurance Food For Life protein mix at no charge, with your purchase of one Endurance Food For Life & one Daily Essentials For Life multi-vitamin.

Offer Expires: March 31, 2009

