



Body & Soul Wellness Center and Spa has been operating from 2728 Asbury Road, Suite 777 in central Dubuque since June 12, 2004. It occupies 7000 square feet and sits in the beautiful campus of Fountain Park Creative Arts and Business Plaza. Fountain Park features mature trees, outdoor sitting areas, fountains and a hip coffee shop adjacent to Body & Soul. Body & Soul is a privately held S corporation co-owned by Julia and Scott Theisen. Both continue to work as managers and part-time operators at their two locations.

Through a commitment to providing consistent excellence, and thanks to a talented and dedicated team and strong reputation, Body & Soul was able to open Body & Soul Downtown SpaSalon in February 2011. Blending elegance and style with convenience and comfort, Body & Soul Downtown is a sophisticated SpaSalon and boutique located in the heart of Dubuque's downtown. Situated in the historic Roshek Building at 700 Locust Street, Suite 170, Dubuque, Iowa, the SpaSalon occupies a total of 2,807 square feet. The Roshek Building has earned LEED Gold Certification for sustainability and conservation. Body & Soul Downtown is in complete alignment with all of the principles outlined in City of Dubuque's Sustainability Plan. The location is strategically situated in the most densely populated business building in Dubuque. It is a high profile area with easy access from all parts of the downtown.

This full service SpaSalon is dedicated to consistently providing high customer satisfaction by rendering excellent personal service, quality products, and furnishing an enjoyable, relaxing atmosphere at reasonable prices. Their goal is to be a trusted destination that is equally attractive and comfortable for men and women.

(Please see the press releases in the Press Center entitled PROVIDING EXCEPTIONAL WELLNESS SERVICES FOR THE BODY, MIND & SPIRIT and BODY & SOUL DESIGNS A DREAM IN THE HISTORIC ROSHEK BUILDING for more information about the Downtown SpaSalon)



HOW BODY & SOUL WAS CREATED

by Julia & Scott Theisen

"We, Julia and Scott, use our full power of intention, imagination, action and mindfulness to create the following Heart's Desire: We work together in our center. This center nurtures healthy living and spiritual development. Our center is a sacred space that imbues order, simplicity, beauty and functionality. It is a fun place to work and has great energy. This center provides creative, fulfilling service in which we are both successful and inspired." (Written November 2001 in Bristol, England)

This affirmation has become the reality that is Body & Soul Wellness Center and Spa. Wow! Our meeting and subsequent journey together has been so wonderful and exciting -- we'd love to share the story with you.

We met on March 1st, 2001 at Mt. Madonna Center, a well-known retreat in Northern California, at a meditation workshop with Dr. Jon Kabat Zinn. Neither the distance (Julia from UK & Scott from Iowa) nor the 150 other workshop participants would interfere with destiny's meeting. Our conscious connection began on a magical stroll through the magnificent redwood forest. That connection kept tapping on our hearts until we conversed via email two weeks after the workshop had concluded. Thus began our 18 month long distance relationship.

During this whirlwind courtship, we came to realize just exactly how each of us had attracted the other through the divine principles of intention and manifestation. We had independently created affirmations for the soul mate we wished to find, long before the Mt. Madonna meeting.

Julia - "My soul mate will meet me spiritually, psychologically, emotionally, physically, mentally and soulfully."

Scott - Drawing upon the "recipe" for creating one's heart's desires as outlined by Sonia Choquette, Scott affirmed, "I am in a meaningful, loving, soulful, and passionate relationship."

Unfortunately, neither of us was specific about the geographical location of our soul mates! No matter. Four thousand miles and different cultures could never interfere with our true soul connection. And so, we each endured 7 trips (14 total) across the Atlantic. It was during these rendezvous that our souls merged and we began to dream our wildest dreams together.

Dreams about our relationship - "soulful, committed; keeping the relationship the central priority in our lives..."

Dreams about our home - "beautiful, warm, hospitable..."

Dreams about our family - "loving, happy, close..."

Dreams about our work together "service, healing, fulfilling..."

To maintain the energy and passion of our dreams during the times we were apart we wrote them all down as affirmations ("heart's desires" as Sonia Choquette would call them). They traveled with us, backwards and forwards on our trips, we'd read them together and then imagine their unfolding; daydreaming and planning each one - it was so exciting!

After mountains of immigration paperwork and legalities, we married in September 2002 in Galena, Illinois. Soon after, we manifested the home of our dreams - and it had everything we desired - even a meditation room! In June 2004, Body & Soul was born - a true reflection of our collective desire to nurture and care for others in a beautiful, serene and sacred setting. Body & Soul has a spiritual purpose, and we have been given the opportunity to be the stewards of its mission; "...a Safe Place for people to Relax, Heal, Connect and Grow." Just as it was the hand of grace that brought the two of us together, it is grace that brought into creation the God-given dream that has become Body & Soul.

OWNER'S CREDENTIALS

Julia Theisen:

Master's Degree Kings College, London, UK
Registered Nurse for adults and children in UK
Lecturer for Nursing Students and Nurses, UK
Co-Author "Textbook of Community Children's Nursing" 2000
Published in various professional journals and presenter at national level in England
Registered Yoga Instructor
Certified Fitness Instructor
Certified Hypnotherapist
A sampling of programs presented by Julia Theisen: 28 Day Detox, Widows Retreat, Yoga Teacher Training.

Scott Theisen:

Undergraduate Degree St. John's University, MN
Master's Degree in Pastoral Counseling Loyola University, Chicago
Licensed Mental Health Counselor, IA
National Board Certified Clinical Hypnotherapist
22 Years Counseling Experience, 13 in private practice (license on inactive status as of Oct. 2011)
A sampling of seminars presented by Scott Theisen: 12 Step Spirituality, Creating the Life you Really Want, Personal Transformation Workshop, Enjoying Life for the Health of It, Mindfulness Based Stress Reduction. 7 Habits for Happiness