

WHAT'S NEW AT

SIKHona

HOLISTIC THERAPY & WELLNESS

DECEMBER 2025

New Offerings

There are new services with new providers, focused on supporting your nervous system and physical health!

From private couples yoga, somatic experiencing sessions to help regulate the nervous system, holistic nutrition counseling, in-body scanning, coaching for recovery from infidelity, and more!

Click on the provider's photo to learn more about them and their services, and to book with them online! :



Faith Lauterbach

RN, CERTIFIED
NUTRITION COACH,
CERTIFIED
BETRAYAL RECOVERY
COACH



Maddie Schiltmeyer

RYT-200,
CERTIFIED SOMATIC
COACH,
SEP IN-TRAINING

New Yoga Classes



- SOMATIC YIN YOGA
SUNDAYS AT 7:00 PM
- SATURDAY SERENITY FLOW
EVERY 4TH SATURDAY 9:30 AM

PLEASE EMAIL
HELLO@SIKHONATHERAPYNE.COM
TO REGISTER



Sundays with Maddie S.



Saturdays with Maddie P.

Come check out our Processing Support Groups

So often we hear about the need for community.

We're more connected to the world than we've ever been through the internet, yet simultaneously more collectively alone and isolated.

Facilitated by Cody Perrien, LIMFT, our Men's and Women's Groups are free to those seeking a supportive environment to discuss difficulties and celebrations and improve their quality of life through mutual support.

★ WOMEN'S GROUP IS 7:30 - 9:00 PM
THE 1ST AND 3RD THURSDAY OF EVERY MONTH

★ MEN'S GROUP IS 9:30 - 11:00 AM
THE 1ST AND 3RD SATURDAY OF EVERY MONTH

★ CALL/TEXT CODY AT 402.318.5878
OR EMAIL CODY@SIKHONATHERAPYNE.COM
TO SIGN UP!



Free / Reduced Cost Therapy!

Sikhona continues its internship program to meet the mental health support needs of those who are uninsured/underinsured. Services range from **\$0-\$50/session** dependent upon income and family size, and are offered by Advanced Graduates in the MFT Program at Concordia University.

Click on the therapist's pic to read their bio and schedule!



ANNA HERL



MICHAEL LINDBERG