

# LA CENTER BULLETIN

BE IN THE KNOW WITH THE CITY CLOSE TO NATURE



## FOLLOW YOUR BLISS

The City of La Center has gained another business and we like sharing her story. Bhriha (pronounced BREE-YA) Getz is the owner of Blisssed Bodywork and Blisssed Wellness and her studio is located at the Heritage Center in Suite C203.

Getz has been a resident of La Center since 2011 but her roots as a licensed massage therapist began in 1994 while she lived in Florida. Though she had her Bachelor of Arts degree in Theatre, she needed to learn a trade so she could earn a side income while she was going on auditions. While in massage school, she discovered the rapid healing she experienced with Craniosacral and Intraoral work and wanted to share this knowledge and help those who suffered similar symptoms: headaches, jaw pain/popping/clicking/ and locking.

What Getz likes most about her business

is helping people feel better whether discovering easy things one can do for self-care at home or problem-solving postural issues. “I’m an anatomy nerd and so have one foot firmly in the scientific world and the other foot in the more energetic world,” she says about giving her clients and students the best of both worlds.

Running the Blisssed brand is a huge challenge when one is doing it by themselves. Getz states that she does everything from marketing, laundry, social media, website design, office work, and decorating her space, not to mention teaching classes, in-person client care, and hosting events! She finds it a struggle to balance work and home life but it doesn’t stop her for future plans. On top of being a yoga and Usui Reiki Master teacher, she just added Certified Bowenwork Therapist to her credentials.

What inspires Getz is her mentors in Craniosacral Work, teachers she studied

with, and her clients. “Nothing makes me happier than seeing clients heal in ways they never thought they could, especially those healing from trauma and abuse.” Her advice to anyone who is considering opening their own business? “Starting a business is not a get rich quick scheme, it’s a journey.” Getz advises to take business classes, work on people skills, and receive proper education and experience working in an established business. And don’t forget, build a solid foundation and do a lot of self-care.

“To be blisssed means to bring body, mind, spirit, and soul into alignment and be able to find peace, even in the midst of chaos,” Getz states.

Classes are held each week. Visit their website for a complete schedule at [www.blisssedbodywork.com](http://www.blisssedbodywork.com)

Blisssed Bodywork is located at 419 E Cedar Avenue, #C203

Visit the Civic Web  
[lacentercivicweb.net/portal](http://lacentercivicweb.net/portal)

City Council Meetings

December 7 & 14 | City Council  
January 11 & 25 | Retreat  
February 8 & 22 | January 7