



Feng Shui For Balanced Living

Peace, Love and Happiness

Thank you to everyone who joined me for the evening of peace, love and happiness. I enjoyed sharing my adventures with you!

As I mentioned that evening, my spiritual journey started 5 years ago when my mother passed away and I turned 40. I realized that I was anxious and sad and ready for a change.

I set out to be more positive and create a different way of living my life.

I actively sought out fun people and fun things to do. I watched what I thought and said. I let go of everything that no longer supported me in positive ways.

I had been interested in Feng Shui for about 15

years and started working with the Bagua on a much deeper level than ever before.

As I balanced my outer environment everything inside me aligned as well. I got to a place of peace and happiness I'd never been to before. So did my family.

Over the last year, I've visited 10 countries and been on amazing retreats. I've also become a Reiki practitioner.

All of these practices have given me clarity and focus and opened me to new opportunities.

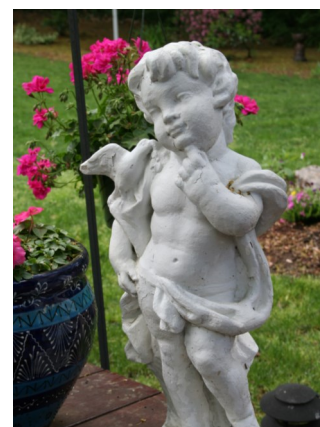
Now by living in the moment, I enjoy everyone and everything around me much more. I have a deep love and appreciation for

myself, Earth and my seen and unseen helpers as well.

I had no idea 5 years ago that being more positive and setting a new course would lead to so many beautiful changes, but I'm very thankful that it has.

I look forward to helping you find more peace, love and happiness, too!

In Love and Light -Lisa



Feng Shui Workshops

Feng Shui Fundamentals

June 4th, 6:30-8:30 pm

Practicing Feng Shui can improve health, finances, relationships and lead to an overall feeling of well being. Come learn an overview of Feng Shui philosophy and get at least 10 ideas that you can use immediately in your spaces!

Freedom from Clutter

June 11th, 6:30-8:30 pm

Feng Shui believes that clean, harmonious, uncluttered spaces lead to balance and tranquility. I will share with you the deeper meaning of the stuff we hold onto and give you tips and inspiration to get more organized.

Understanding the Bagua

June 18th, 6:30-8:30 pm

In this hands-on workshop, I will teach you how to place the Bagua on your spaces and show how it can be used to help balance your environment. Please bring floor plans, pictures and Feng Shui questions.

Workshops are \$40 or take all 3 for \$100. They will be held at the Holistic Self Care Center in Nashua. Please call (603) 883-1490 to reserve your spot.



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**Spaces that Nurture
The Soul and Spirit**

A Feng Shui Story

"I'm at a turning point in life. My parents have passed and the kids are off to college. We have a large family home crammed with things I had saved for "someday" and realized it was time to take a look at the environment which I called home. I began the process several years ago going through my home. The process seemed daunting and completely over whelming at times. Although I stuck with it, some months being more successful than others, I still found that I had so much stuff I was constantly just moving it around.

I decided to attend one of Lisa's de-cluttering classes. I found the class to be energizing. She gave me new ways

to process the job of downsizing and cleaning out my home. Through the workshop I realized that our spaces didn't fit us anymore or reflect who I am in my life now nor did they reflect my grown children. I wanted to have my favorite spots feel good again and evolve as we have. My husband is happy with the open spaces I have created and is enjoying many of the areas more, too. He encourages me to do even more.

Thank you Lisa for allowing me to explore this process of downsizing and de-cluttering with a new vision in my home. I am making great progress and am really enjoying the changes." -- L.C., Nashua, NH

Get Fit this Summer!



Want to be stronger and work out in a one-on-one personalized setting? Here's your chance! My friend and trainer Margorie Morse of Phyzically Fit, LLC is offering free one hour trial sessions through June at her cheerful new studio on Amherst St. For more information please call Margorie at (603) 860-1990.

"What you dismiss as an ordinary occurrence, could be an opening to an extraordinary adventure."

*-Deepak Chopra, MD**

Save the Date...Umesh is Back this Fall!

Do you enjoy hearing about my travels and spiritual journey? Here's your chance to experience the program I enjoyed so much here Nashua!

Spiritual and Metaphysical Master Umesh Nandwani of Singapore is offering the "Awaken-The Devine You" program Nov. 1-3, 2013 at the Nashua Country Club. For more information and program details, visit www.thehscenter.com.

