



Feng Shui Organization Color & Design

Nurturing the Soul & Spirit



Upcoming Classes

**Sacred Spaces for
Men**

**June 28th
10 am-3 pm**

Space is still available! A mini retreat just for men! Men and women unwind differently. Men need spaces to restore their energy and support their goals and aspirations. This workshop gives an overview of Feng Shui philosophy and gives tools and inspiration to create special spaces for men in their homes and



Connecting with Nature

Summer is here and with it the longest days of the year. In New Hampshire, our thoughts move to outside activities and how to take advantage of the

offices. Lunch and snacks included. Cost \$125.

Feng Shui, De-Cluttering & Balanced Living Discussion Group
July 15th
6:30-8:30 pm

Would you like a place to talk about Feng Shui and De-Cluttering? Come share your current projects, goals, successes and challenges with Lisa and this like-minded group! Cost \$25

The Benefits of Feng Shui
July 22nd
Noon-1pm

Come learn more about Feng Shui and how it can help you! Bring a bag lunch and come meet Lisa and ask questions. Cost \$10.

College Bound: A Rite of Passage Celebration
July 24th
10 am-3pm

Is your child headed off to college? This summer marks an important time of transition for both of you. Enjoy a special day together as we focus on ways to support your student's goals and aspirations, set up dorm rooms for success, and ease the transition to college. The day will culminate with a special blessing ceremony for you and your student with Yvonne Dunetz. Healthy lunch and snacks included. Tuition \$175 includes both parent and student.

Classes are held at YCD Holistic Healing, 1 Prospect Street, Nashua.

nice weather.

This is one of my favorite times of the year. My backyard is one of my favorite places. Realizing the importance of connecting with nature, my husband and I set up a patio with comfortable chairs, a fire pit and beautiful planters. It's set away from everything else we feel we "should" do and when we need to relax, we can.

When I spend time outside, I reset myself on a really deep level. Gardening, watching the birds, and giving myself permission to do nothing but soak it all in, grounds me in Earth's energy. As I sit and watch the clouds drift by or the leaves blow and shift with the wind, I'm able to relax and be in the moment. Stresses seem much smaller.

Outside, I feel a connection and rhythm that flows in and around me. Time disappears. I'm part of nature and nature's part of me.

As the trees gently shift with the wind, I'm reminded that change is constant in nature and in me. In my yard, I see that only the dead trees don't bend. The others continue to flow, accept and grow. I realize that just as nature goes through cycles and changes, I do too. With change, I continue to grow. Everything is as it should be. With acceptance, I find peace and tranquility.

I hope you enjoy your time outside this summer and connecting with nature! If you need inspiration for your home or yard or to bring more peace and tranquility to your life-style, please consider one of my upcoming workshops at YCD Holistic Healing in Nashua. I'd love to see you there!

In love and light,

Lisa

Preregistration required on-line at
YCDHolisticHealing.com.
For more information, call
Lisa at (603) 566-6109. Gift
certificates for classes are
available.

Spread the Word

Do you know someone who would enjoy my newsletters or upcoming classes? Please help spread the word. Your referrals are greatly appreciated!

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