



Feng Shui Organization Color & Design

Nurturing the Soul & Spirit



Upcoming Classes

**Empower Your
Home: Empower
Your Life
August 27th
6:30-8 pm**

Your environment can support and empower all aspects of your life! In this hands on workshop you will learn how to identify and fix trouble spots in your home and office, learn decluttering skills and learn the benefits of practicing Feng Shui on your finances, relationships,



Energy Influences

We are all influenced by the energy or chi around us. When we walk into a room most of us can tell who is

health and well-being. Lisa will provide at least 10 ideas to implement immediately to improve your spaces and your life-style. Cost \$50

Preparing Your Home for Sale

October 8th

3:30-5 pm

Are you preparing your home for sale and want it to look and feel it's best to prospective buyers? Is your home currently on the market and getting mixed reviews? Living in your home is very different from selling it. Lisa will share tricks of the trade to help your home stand out in this crowded real estate market. She'll give strategies for staging, downsizing, decluttering, and what buyers will expect when viewing your home. She'll give individual advice for your property and help you with your design dilemmas. Realtors are welcome too to enhance their listings. Cost \$40.

Freedom From Clutter

October 23rd

6:30-8 pm

Are you feeling scattered? Are you having trouble finding things? Then this workshop is for you! Feng Shui believes that clean, harmonious, uncluttered spaces leads to balance and tranquility. Come learn new skills to get organized once and for all. Students will learn the deeper meaning of the stuff in their environment and be given tools to overcome their individual types of clutter. Lisa will share inspirational stories

in a good mood or who may be upset or depressed. Sometimes these energies can affect our own energy. People around you may lift you up, while others may deplete you.

Practices like meditation, can help you become more aware of your own energy and how you are influenced by others. Being aware of your environment and practicing Feng Shui can help, too.

Just as people vibrate with different moods and energies, homes, offices, towns and countries do too. You probably have favorite places to go on vacation to restore yourself on the deepest levels. Some of us love to go to beaches, while others feel their best on mountain tops or in the woods. What each of us needs and responds to in the environment is different. As you evolve, the places you enjoy may change, too.

Feng Shui believes that you are an extension of your environment and your environment is an extension of you. So as you improve the energy around you, it brings about positive changes in your life-style.

In Feng Shui, each area of your home or office represents a different aspect of your life. There are areas for your Career, Relationships, Health, Reputation, Creativity, Helpful People and Overall Well-Being. Symbols, colors, and elements are all used in special ways to help encourage a positive flow of chi in the environment and ultimately in you. Filling your spaces with energy that supports and nurtures you, can empower all aspects of your life and lead to an overall sense of peace and tranquility.

I hope you'll join me for an upcoming workshop or book me for a consultation to learn more. I'd love to help you on your Feng Shui journey and help you bring in a positive flow of chi! [Click here](#) to read some inspirational stories from my clients.

and pictures of spaces before and after de-cluttering and work with each student on individual trouble spots. Cost \$40.

**Feng Shui, De-Cluttering & Balanced Living Discussion Group
October 1st,
November 5th and
On-Going**

Have you taken a Feng Shui or de-cluttering class and would like to share your experiences and have more support as you make positive life-style changes? Then please join us! Lisa will facilitate discussions on various Feng Shui, de-cluttering and balanced living themes. In each meeting you'll have the opportunity to share your goals, successes and challenges, ask questions and feel the encouragement and support of this special group. Cost \$25.

Classes are held at YCD Holistic Healing, 1 Prospect Street, Nashua. Preregistration required on-line at YCDHolisticHealing.com. For more information, call Lisa at (603) 566-6109. Gift certificates for classes are available.

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With love and light,

Lisa

Upcoming Travels

I'll be traveling to Peru and Chile this September to visit sacred Inca sites including Machu Picchu and participate in a spiritual retreat and reunion with the "Awaken-The Divine You Program." If you'd like to hear more about my travels please follow me on [my blog](#).