



Feng Shui Organization Color & Design

Nurturing the Soul & Spirit



**Feng Shui, De-Cluttering,
and Living Intentionally
Discussion Group**

10:30am-Noon
The Nashua Country Club
Nashua, NH

Are you ready to fill your home, office and life-style with positive energy? Do you love decorating and home improvement? Join us for informative discussions and ways to help you improve the energy in your environment. Cost of program with a healthy snack is \$15. Programs are from 10:30 am-noon on the



Feng Shui in the Garden

following Saturdays at the Nashua Country Club.

- **May 14th**-”Why Feng Shui? An Overview of Feng Shui Philosophy and Its Benefits”
- **June 25th**-”De-cluttering and the Energy of the Stuff We Hold Onto”
- **July 16th**-”Creating a Home Oasis and Setting Intentions in Our Environment”
- **August 13th**-”Common Design Dilemmas and Feng Shui Fixes”
- **September 17th**-”Understanding the Five Elements and Yin and Yang Energy”

Happy Space Lunch & Learn Group

Noon-2pm

The Nashua Country Club
Nashua, NH

Are you looking for a circle of people interested in being positive and exploring their inner wisdom? Then, come to our Happy Space lunches on Fridays from noon to 2pm at the Nashua Country Club. Cost of program with a healthy lunch is \$25.

- **May 20th**-”Staying Positive through Life’s Challenges” with Lisa Law
- **June 24th**-Lois Hermann, Author of “The Spirits of Amoskead: The Wounded Heros of the Manchester Mills”

Last week’s rain showers have made spring come to bloom here in New Hampshire. We welcome the nice weather and look forward to spending time this summer in our yard. You may be, too.

Feng Shui encourages homes to be welcoming and comfortable. This peaceful, easy feeling starts on the exterior of your home. Ideally, when you arrive home, your spaces will make you feel loved and nurtured. If however you pull into your driveway and you immediately see long lists of “things to do” you may want to work on some organizing projects. Calming garages, entryways, and traffic areas will help you wind down more quickly.

Plants and flowers help to improve the energy in all areas of your home and yard. Enhancing walkways, entrances, focal points, and views from windows with favorite flowers or colors will feed your soul’s need for beauty. If you are looking for a more relaxed vibe, consider using recycled materials or non-traditional items as your planters. For a more formal look, go for traditional containers and more manicured looking arrangements.

Comfortable seating outside with views of favorite trees, planter beds, fire pits or water features can help us relax on the deepest levels and reset us to nature’s natural rhythms. Think about what you need right now...the gentle sound of water, the tinkling of a metal chime or the wind rustling through the leaves above you and place your chair accordingly. I find digging in the dirt and walking barefoot really relaxing, too.

If you are challenged by space or time constraints with gardening, incorporating landscape scenes or favorite travel spots into your home’s décor may feel meaningful. Consider updating your phone or computer’s home pages with nature scenes you see along your way.

The Fairy garden above shows that small items

- **July 27th**-“More on Sacred Geometry” with Dr. Mike Yanetti
- **August 26th**-“Essential Oils and Destiny Chart Readings“ with Sandy Snay

Meditation for the Busy Mind

May 24th, June 14th and 24th
7-9pm
The Nashua Country Club
Nashua, NH

Have you heard about the benefits of meditation and mindfulness and always wanted to try it? Lisa will lead you through gentle guided meditations to help relieve stress and help support you in making positive life-style changes. Held at the Nashua Country Club from 7-9pm. Cost is \$15. Please RSVP to [Lisa Law](#). You can reach her at (603) 566-6109 or [email her](#).

strategically placed can have a big impact. So, go ahead and use your creativity to bring some whimsy to your outside spaces. Happy springtime!

If you enjoy these newsletters, please consider joining us for the upcoming Feng Shui and Intentional Living Discussion Groups. The first one is this Saturday at the Nashua Country Club.

In love and light,
Lisa

Free Therapeutic Yoga Classes

Yoga Caps is a local non-profit organization that works in partnership with hospitals and community organizations. They specialize in therapeutic yoga experiences for those with chronic physical and mental health conditions. Classes focus on increasing flexibility, circulation, muscle strength, breathing techniques and deep relaxation. For more information and class information, please visit yogacaps.org or email Jay and Terry Gupta at jay@yogacaps.org. Lisa is one of the volunteers at Southern New Hampshire Medical Center and the Elliot Regional Cancer Center in Londonderry. We'd love to have you join us!

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