



Feng Shui Organization Color & Design

Nurturing the Soul & Spirit



Thoughts on Happiness
The Happy Space Lunch
Bunch

Friday, August 26th
Noon-1:30 pm
Cost with Lunch is \$25

Guest speaker Eve MacDonald will share insights on happiness. Eve's recommended reading for this program is Dr. Henry Cloud's book "The Laws of Happiness". Please consider joining us even if you haven't read the book. Please RSVP to [Lisa](#) to reserve your spot.

Feng Shui, De-Cluttering



and Intentional Living
Discussion Group The
Five Elements

Saturday, September 18th
10am-Noon
The Nashua Country Club
Nashua, NH
Cost: \$15

Feng Shui recognizes our connection to Earth and her five elements-Fire, Earth, Metal, Water and Wood. We have all of these elements in our bodies and using them in our environment affirms our connection with nature and her resources. Using the five elements in your spaces can provide design inspiration and help your home feel more comfortable. In this discussion we will talk about projects we are all working on in our homes and how to incorporate Feng Shui's five elements into our spaces. Please RSVP to [Lisa](#).

Experiencing the Four
Agreements
The Happy Space Lunch
Bunch

Friday, September 23rd
Noon-1:30 pm
The Nashua Country Club
Nashua, NH
Cost with Lunch is \$25

The attendees of The Happy Space Lunch Bunch read "The Four Agreements" by Don Miguel Ruiz last year and many of us have incorporated the Toltec wisdom into our daily lives. We'll revisit the agreements and how they have helped in our relationships and approach to life. Haven't read this book? You are welcome to join us to learn more. Please RSVP to [Lisa](#) to reserve your spot.

Rest, Relax, and Restore:
A Mini Retreat

Transition Times

It's back to school time and I have mixed emotions. I love the ease of summer. The flow of unstructured activities and time spent with family and friends. I am also ready to get back into our regular routines. So, as we transition into September, my thoughts turn to how our homes can support us through the coming months.

Do you remember your mom or grandmother doing their fall cleaning? Nothing refreshes the energy of your home like a top to bottom cleaning at the beginning of a new season.

Perhaps, a bit of organizing and reworking is also needed. Decluttering high traffic areas such as mudrooms, kitchens, hallways, and closets will ease everyday clutter. Summer items can be stored away until next spring in attics or basements. This will give you the space to put fall and winter accessories where they are easily accessible.

You may find clothes or other belongings that weren't used this summer. Rather than putting unused items into storage, consider giving them away. It feels good knowing that someone else is enjoying your unwanted stuff. Simplifying and reducing what you have also makes clean-up and maintenance easier.

Give some thought to the current needs of yourself and your family. How can you rearrange your spaces to reflect your goals over the next few months? Is it time to rearrange your home office, set up a meditation corner, make space for a favorite hobby, or improve your children's homework center?

Designated spaces will make those tasks more enjoyable. You are more likely to paint, meditate, or get homework done, if your supplies are organized and handy.

Sunday, November 6
9am-5pm
The Nashua Country Club
Nashua, NH
Cost is \$150 by October
15th or \$175 after October
15th

Are you ready to take a time out from your hectic schedule? Lisa will lead a day of rest and relaxation. During this program, you'll learn her 5 simple steps for meditating, be introduced to mindfulness practices, and ways to improve and maintain your energy. You'll come away refreshed, relaxed and restored! Cost of program includes lunch, snacks and course materials. Please email [Lisa](#) for more information.

Thank You

Thank you to guest Dr. Mike Yanetti for sharing your wisdom on charity with our lunch group in July!

Thank you to the JA Tarbell Library in Lyndeborough, NH for hosting a talk book signing. I really enjoyed sharing Feng Shui with you!

Thank you to Susan for sharing this quote:

*When "I" is replaced
with "we," even illness
becomes wellness*

As you evaluate your home, consider if you have unfinished projects that are weighing you down. If you have lots to do, I recommend focusing on what will have the greatest impact on your daily routine or what is bothering you the most right now and work out from there.

If you need help prioritizing or rethinking your spaces, I'd love to help you! I am available for in-home consultations or join us at an upcoming Feng Shui and Decluttering Discussion Group. Our next one is Sunday, September 18th.

Have a great September and best wishes to everyone headed back to school!

In love and light,
Lisa

Yoga for those Affected by Cancer

I co-teach a regular yoga class on Wednesday evenings, from 6-7 pm at Southern New Hampshire Medical Center for people affected by cancer. If you have had a diagnosis of cancer now, in the past or are a loved one of a cancer patient, please consider joining us. Classes are conducted in a chair and focus on increasing circulation, flexibility, muscle strength and relaxation. Please visit Yoga Caps at www.yogacaps.org for more information and other classes offered. If you have an organization that would benefit from programs on yoga, meditation, stress reduction, Feng Shui or Organization, I'd love to talk to you. Please email [me](#) for details.

