



# Feng Shui Organization Color & Design

## *Nurturing the Soul & Spirit*



### **Rest, Relax, and Restore: A Mini Retreat**

Sunday, November 6th  
9am-5pm  
The Nashua Country Club  
Nashua, NH

Are you ready to take a timeout from your hectic schedule and learn more relaxation techniques? Lisa Law will lead a day of rest and relaxation. She'll introduce you to simple steps for meditating, teach you about mindfulness practices, and show you ways to improve and maintain your energy. You'll come away refreshed, relaxed, and restored! Cost is \$150 by October 15th or \$175 after October 16th. The program fees include lunch, snacks, and course materials. Please [click here](#) for a flyer and registration form. Please [email Lisa](#) more information.

**Feng Shui, De-Cluttering  
and Intentional Living  
Discussion Group Using  
Feng Shui to Support Your  
Goals and Intentions**  
Saturday, October 8th  
1:30-3:30 pm



## Time to Rest?

Are you constantly on the go? Does your schedule leave you feeling drained? By rethinking some of your spaces and adding a touch of Feng Shui, your home can encourage you to relax and recharge yourself.

The Nashua Country Club  
Nashua, NH

Are you interested in setting goals and having your home environment support those intentions? Then, come join us for our monthly Feng Shui discussion group. Lisa will show you how incorporating simple Feng Shui practices can help support you and what you are currently working towards. You'll have a chance to talk about your spaces and learn how other participants are using Feng Shui in their homes and lifestyles. Cost is \$15. Please [email Lisa](#) to pre-register or [sign up on Meetup](#).

**The Happy Space Lunch Bunch**

**Angels Among Us with Elizabeth Foley**

Tuesday, October 11th  
Noon-1:30 pm

The Nashua Country Club  
Nashua, NH

This month's lunch topic is: Angels Amongst Us. Join Elizabeth Foley in a discussion about angels that walk among us. In a very clear and simple format, you will embark on a journey of meeting your guardian angels. Cost of program with a healthy lunch is \$25. Please [email Lisa](#) to pre-register.



**Coming this Spring!**  
**Rest, Restore, and Relax:**  
**A Weekend Retreat**

March 31st-April 1st, 2017

At the Spectacular Omni  
Mount Washington Resort  
Save the date for a weekend  
of deep relaxation and  
connecting to the beauty of  
New Hampshire's  
Presidential Mountain  
Range. Hosted by Lisa Law.  
Details are coming soon!

**Thank You**

Thank you to the JA Tarbell  
Library in Lyndeborough,  
The Nashua Rotary Club,  
Elizabeth Foley's Purposeful  
Prayer Group for hosting me  
for talks recently! It was fun  
sharing with your groups!

Your bedroom is your largest area of restoration and a great place to start your Feng Shui journey.

Comfortable furnishings, soft textiles, and soothing artwork can help promote a feeling of calm and rest. If you have a desk in your bedroom, consider clearing your papers each night or using a screen or curtain to section off that area. By doing so, you'll separate work from sleep.

Daily stresses can be reduced by organizing work centers like kitchens. We spend a lot of time cooking, doing laundry, and other household chores. When the tools you need to do the job are handy, those daily tasks are simplified—giving you more time for rest and fun.

Incorporating restful activities into your home's décor will encourage you to unwind a bit more. You may enjoy spaces in your home for quieter activities. A comfortable reading chair or a meditation spot are a couple of suggestions that encourage slowing down. If fresh air is what you need, maybe clearing your schedule for a walk or other outdoor activities becomes the priority. Listen to what you need right now. Some simple changes can make a big difference in your life-style.

Of note, I am also offering a whole day dedicated to unwinding and taking a time out from the outside world. Join me for **Rest, Relax, and Restore: A Mini Retreat** on Sunday, November 6th from 9 am-5 pm at The Nashua Country Club. You'll learn about mindfulness, easy meditation techniques and ways to maintain your energy. [Click here](#) for details and to register.



# Announcing the Launch of The New England Institute for Holistic Studies

I am honored to be part of a new online school, The New England Institute of Holistic Studies, started by Elizabeth Foley, PHD. The school offers a wide range

of classes in spirituality, personal development, and holistic health and I'm joining 20 teachers, who are all leaders in their fields of expertise.

Starting October 1st you'll be able to access online pre-recorded classes, certifications, and live teleconferences on a wide variety of topics from the comfort of your home. Please look for my pre-recorded Feng Shui classes and webinars. For more information on the school and what it offers, please visit [neihs.org](http://neihs.org).

# Wags to Whiskers Festival October 1st

Here's a great way to support the Humane Society of Greater Nashua and have a fun day with your dog! They have lots of activities including an attempt to break a Guinness World Record for the most dogs having their teeth brushed at the same time! Who knew there was such an event? Well, here is your chance to take part in a record...This weekend, on Oct 1st, bring your pooch to the Wags to Whiskers Festival and join in. Last year they were short of the record by only 30 dogs! [Click here](#) for more information.