



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,



Siesta

Our son is studying abroad in Spain this fall and my husband and I have just returned from visiting him. What an experience for him to be immersed in a different culture.

Each day from 2-5 pm all of the shops in the town where he

relaxed, and restored! Cost is \$175 and the fees include lunch, snacks, and course materials. Please [click here](#) for a flyer and registration form. Please [email Lisa](#) more information.

Vision Boarding Class and Potluck Dinner

Friday, November 4th
6-9 pm

Vision boards are a great tool to help set intentions and clarify goals. If you are interested in learning about Feng Shui vision boards and how they can help with your goal setting, please join us for an inspirational evening. Cost for vision board materials is \$10. A dish to share at the potluck is appreciated. Please [email Lisa](#) to pre-register or [sign up on Meetup](#).

The Happy Space Lunch Bunch

The Law of Attraction

Friday, November 18th
Noon-1:30 pm
The Nashua Country Club
Nashua, NH

Guest Scott MacDougall will give an overview of “The Law of Attraction” and how it works. He’ll help you get started with setting your intentions and present tools to assist you. Scott specializes in the Law of Attraction, Self-Hypnosis, and the Emotional Freedom Technique. The cost of program with a healthy lunch is \$25. Please [email Lisa](#) to pre-register.



is staying close and they take a siesta; Even my 18 year old son snoozes each day in the afternoon. He loves that quiet time and so did we. It made me think of our American culture and how we go, go, go from sun up to sun down most days.

Granted a siesta each day in the US may not be realistic. However, we can learn to slow down and rest more. We do need time outs from our routines, schedules, and our busy thoughts and pressures.

We expend a great deal of energy each day going to work, taking care of others, and fulfilling all of those expectations. Over time, if we only give without refueling ourselves, our store of energy can go dry. This depletion can happen to the body, mind, and spirit.

Meditation, yoga, spending time in nature, and other practices that encourage you to slow down can all help to reestablish your balance. So, can activities that nurture you like Reiki and massage. Creating space in your home to read or meditate might be just what you need right now.

Need more permission to slow down? I’ve created a new series of mini-retreats called Rest, Relax and Restore. The first one is coming up on November 6th in Nashua. You’ll learn simple meditation practices and other ways to maintain and restore your energy. If you are interested, I hope you’ll join us! (Please see more in the events section) In the meantime, consider a siesta this weekend! Adios Amigos!

In love and light, Lisa



The New England Institute of Holistic

**Save the Date...Coming
this Spring!**
Rest, Restore, and Relax:
A Weekend Retreat

March 31st-April 2nd, 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!

Studies

The New England Institute of Holistic Studies offers a wide variety of on-line classes focusing on health, personal growth, and spiritual transformation. I am pleased to be offering two prerecorded Feng Shui Classes that you can download any time as well as a Feng Shui webinar series this spring.

[Getting Started with Feng Shui](#)

[Overcoming Clutter: Create more Flow in All Areas of Life](#)

Please visit neihs.org to learn more about the school's programs and teachers.

Thank You

Thank you to Sharon Parent for inviting me to be a guest on your TV show and asking me to share how Feng Shui can add beauty to your home. It was fun! [Watch video.](#)

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