



# Feng Shui Organization Color & Design

*Nurturing the Soul & Spirit*



### **Free Open House & Meditation Evening**

A Rest, Relax and Restore Preview  
January 6th  
7-9 pm  
The Nashua Country Club  
Nashua, NH

We made it through 2016 and the holidays, so what's next? A night of peace and relaxation! Come experience a special evening of meditation and restoration. Lisa will offer a sample of the Rest, Relax and Restore Retreat at the Mount Washington Hotel in March. You'll learn some simple

*Happy New Year 2017!*



Wishing You a Year of Joy and Blessings!

# Hello 2017

ways to keep your outlook positive and experience a guided meditation for deep relaxation. Your friends and family are also welcome. Dessert and coffee will be served. There is no fee for this event. Please [email Lisa](#) or [go to Meet Up](#) to RSVP by January 5th.

## **Paper, Paper, Paper!**

The Feng Shui & De-Cluttering Discussion Group  
January 7th  
2-4 pm  
The Nashua Country Club  
Nashua, NH

Paper, paper, paper! Make it stop!! Come learn how to organize your home office and know which papers to keep and which are ok to let go. Financial Advisor, Mike Aquino, from the offices of Weisman, Tessier, Lambert, and Halloran will join us for a fun and frank paper conversation. Cost is \$15. Please RSVP by [emailing Lisa](#) or [going to Meet Up](#).

## **Energy Healing and Reiki with Guest, Karen Cerato**

The Happy Space Lunch and Learn Group  
January 20th  
Noon-1:30 pm  
The Nashua Country Club  
Nashua, NH

Come experience the beautiful, peaceful energy of Reiki. Our guest, Karen Cerato, is a Reiki Master Teacher and owner of the NH Health and Wellness Center. Cost with a healthy lunch is \$25. Please RSVP by [emailing Lisa](#) or [going to Meet Up](#).

2016 is now in our rear view mirror and we're on to 2017. If you're like me, you are breathing a sigh of relief. Could you tell that this was the year of the monkey in the Chinese Zodiac? Many days I felt as though the monkeys had me up-side-down by the ankles, while they swung me through the jungle. Once I realized what was happening, their antics gave me a lot to laugh about. At the end of January, the year of the rooster starts. I understand that 2017 will be a good time to focus on your home and building community. Sounds like a great year for Feng Shui!

The beginning of a new year is a good time to take stock of the previous year and set a course for positive changes in the year ahead. Perhaps, you want to lose 10 pounds, declutter your garage, or start meditating every day. That's great, but how often do we follow through on our New Year's resolutions?

My yoga teacher encouraged us to think about intentions over the course of our life-time. She said, "What can you work on today that would still be important to you when your ninety?" Concepts like joy, health, inner peace, or lasting loving relationships then become the broader focus. Perhaps, losing ten pounds is important for lasting health or cleaning the garage adds to your inner peace. I've found envisioning a bigger picture helps me stay on track and let go of things that aren't really important long-term.

In the last few years, my New Year's resolutions have been to have more fun, live from the heart, and travel more. My friends especially enjoyed the have more fun year, because they had more fun, too. Let your friends and family know what you're working toward so they can help you, too. Mine is to have more fun again this year.

If you are looking to have more fun and join a



**Rest, Restore, and Relax:  
A Weekend Retreat**

March 31st-April 2nd, 2017  
Mount Washington Hotel  
Bretton Woods, NH

Take me away!!! Celebrate you in 2017 and treat yourself to a weekend of deep relaxation. You'll enjoy the splendor of the Mount Washington Hotel and New Hampshire's Presidential Mountain Range in a weekend to restore your mind, body, and spirit. Lisa will share easy ways to meditate, relax, maintain your energy, and empower yourself. **Special Early Bird Discounts are offered now through January 15th.**

Please [click here](#) for event details and for registration. We hope to see you there!

## Join us on Facebook!



Lisa Law Design Services has a [Facebook page](#).

Please like it and receive weekly Feng Shui tips, inspiration, and home improvement ideas.

## Are you on Meet Up?



Please join [The Nashua Feng Shui](#),

[Decluttering and Intentional Living Group](#) to get the latest info on Lisa's classes and to register easily for her programs.

supportive community, I hope you'll join us at an upcoming class or the Rest, Relax, and Restore Retreat in March. If you plan to attend the Rest, Relax Retreat please take advantage of the early bird discount I'm offering now through January 15th. [Click here](#) for more information.

Happy New Year!

In love and light, Lisa

# Free Open House and Guided Meditation

I'll be hosting a special free meditation and relaxation program on January 6th from 7-9 pm at the Nashua Country Club. You'll get a sampling of March's Rest, Relax and Restore Retreat, enjoy a guided meditation, ask questions, and meet other Retreat attendees. There is no fee for this event. Your friends and family are welcome. Please [RSVP](#) to reserve your space.



# New England Institute of Holistic Studies

Do you love hanging out in your pj's on your couch? That's ok! You can attend high quality classes and spiritual development programs from the comfort of your own home. Please visit the New England Institute of Holistic Studies to learn more by visiting [NEIHS.org](http://NEIHS.org). Please check out my Feng Shui and Decluttering classes and Live Webinars. [Click here](#) for details on my classes and webinars. I hope you'll join me for the Live Webinar, "What's Your Passion," January 21st from 10-11:30 am. Details will be on the [NEIHS.org](http://NEIHS.org) website soon.

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