



Feng Shui Organization Color & Design

Nurturing the Soul & Spirit



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 charge up your energy and experience the beautiful, peaceful, and healing 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 on [Meet Up](#) or [email](#)



Rest, Relax, and Restore

We're a little over a week into 2017 and on this day of the full moon, it's a great time to set your goals into motion for the coming year. Is one of your New Year's resolutions to take better care of yourself? Then, I

[Lisa](#).

Working with the Tao

The Feng Shui and De-Cluttering Discussion Group
February 4th
2-4 pm
The Nashua Country Club
Nashua, NH

The Tao recognizes that life brings about constant change. Feng Shui, which is based on the Tao, helps us live harmoniously with change by empowering us and our environment. This month we'll discuss the Tao, transformation, and keeping our sense of balance. Cost is \$15. Please RSVP on [Meet Up](#) or [email Lisa](#).

Concept Mapping with Guest, Rick Posch

The Happy Space Lunch and Learn Group
January 24th
Noon-1:30 pm
The Nashua Country Club
Nashua, NH

This month's guest, Rick Posch, is an engineer, mathematician, artist, and musician. Rick has hosted seminars on topics as diverse as Light and Color, Concept Mapping for Personal Organization, and Live Sound Technology for Performing Musicians. In this NetNotes™ workshop, Rick describes the whys and how's of concept mapping, a powerful tool for organizing your thoughts and tapping into your most creative ideas. Cost with a healthy lunch is \$25. Please RSVP on [Meet Up](#) or [email Lisa](#).

hope you'll join us at the Mount Washington Hotel March 31st-April 2nd for a very special weekend of deep relaxation and restoration.

I work with many people who own their own businesses or work in corporate environments. I also have people in my circle who are care givers of children, adult family members, or clients. They have many responsibilities and find it hard to turn off their thoughts at the end of each day and unwind.

Working, caring for others, overcoming illnesses, and/or coping with the ups and downs of life requires a tremendous amount of energy. When we put out more than we take in over a prolonged period of time, stress and ultimately burnout can set in. Don't let that happen to you in 2017!

Come away with us and take a break from your responsibilities. This retreat is your permission to pause, go to a spectacularly beautiful, healing location, and work on refilling your well of energy.

The program will feature exercises on mindfulness, relaxation, energy maintenance and protection, and the healing of nature. We will be spending time inside a beautiful classroom overlooking The Presidential Mountain Range and outside on the hotel grounds.

The Mount Washington Hotel is one of my very favorite places. I am really excited to take you there and help you experience the special energy of the mountains and the surrounding area. I am offering an early bird program discount through January 15th and the hotel is offering special group discounts through February 15th.

I hope you'll give yourself this gift of rest, relaxation, and restoration. You'll benefit greatly from the program topics, meeting like-minded people, and getting some distance from your stresses.

You can register for the Rest, Relax, and Restore



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

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

Take me away!!! 2017 is your year to treat yourself to a weekend of deep relaxation. Enjoy the splendor of the Mount Washington Hotel and New Hampshire's Presidential Mountain Range in a weekend of restoring your mind, body, and spirit. Learn easy ways to meditate, relax, maintain your energy, and empower yourself. It's going to be a great group and we're going to have lots of fun. I am excited to share this weekend with you!

Special Early Bird Discounts are offered now through January 15th.

Please [click here](#) for event details and for registration. Please [email me](#) or call (603) 566-6109 for more information. We hope to see you there!

A Heart-Felt Thank You!

Thank you to everyone who attended my recent open house and evening of relaxation! I really enjoyed sharing a special evening with you and hope to see you again soon!

Join us on Facebook!

Retreat directly at [my website](#) or you can mail a check to: Lisa Law Design Services, 59 Daniel Webster Highway, Suite #110, Merrimack, NH 03054. The [hotel registration link](#) is also on [my website](#). Our group code is 032917 restrelax. The hotel is donating a portion of our event's proceeds to "Say Goodnight to Hunger." Please call me at (603) 566-6109 or [email me](#) at for more information.

In love and light, Lisa



New England Institute of Holistic Studies

Did you know that your spaces can be a source of support and inspiration this year? Join me for a series of live webinars this winter to learn more!

“What’s Your Passion?”

January 21, 10 am-11:30 am

Sign Up at [NEIHS.org](#)

Are you ready to express your passion? Your spaces can be a great source of inspiration, support, and personal expression. Whether you are looking for a new romance, better health, abundance, career shifts, or spiritual assistance, you can turn to your home to help you. In this 1 ½ live webinar, I will help you with your year’s goal setting and arranging your home to support your passions in 2017.

“Love in All the Right Spaces”

February 25th, 10-11:30 am



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.

Sign Up at NEIHS.org

Are you ready for a new romance in 2017? Would you like to strengthen an existing loving relationship? Then, this webinar is your special Valentine's treat! I will present ways your home can help you attract positive energy for your relationships. You'll see how room arrangements, colors, textures, and furnishings can make a big difference in how you and your significant other feels in your spaces. You'll see how a special Feng Shui tool called the Bagua can be used to enhance your Love and Marriage and where this aspect of life is held energetically in your spaces. We'll also talk about how to empower your individual goals. Get ready to add some loving to all the right spaces!

"The House Doctor is In"

March 25th, 10-11:30 am

Sign Up at NEIHS.org

Is your home in need of energetic tune up? Do you look at certain areas of your home and give up? Don't despair! I'd love to help you! I'll show you how a dose of Feng Shui is the perfect medicine. You'll learn simple inexpensive Feng Shui practices that can fix the most troubled spaces. You'll see inspiring before and after pictures of common design dilemmas and learn things you can do right away to improve your home's function and feel. Furniture arrangement, decluttering, decorating inspiration, and other topics will be covered. You'll also have plenty of time for questions about your home's specific issues in this 1 ½ live webinar.

Please visit NEIHS.org for more information on my classes and many others.