



# Feng Shui Organization Color & Design

*Nurturing the Soul & Spirit*



## Upcoming Classes

**RxRelax Yoga**  
**May 25-June 29, 6-7 pm**  
**At the Nashua Country Club**

Lisa is a RxRelax Yoga Teacher. She currently offers weekly seated yoga with guided relaxation Thursday evenings at The Nashua Country Club. The program focuses on gentle head to toe movements to increase your strength, flexibility, circulation, and well-being. Cost is \$10 per class. Bring a friend and you each pay just \$5. Preregister by emailing [LisaLaw@LisaLawDesignServices.com](mailto:LisaLaw@LisaLawDesignServices.com).

## Following The Spiritual Path

## The Yin Side

Many of us are on the go. Work, kids, homes, caring for others, and outside commitments take up a lot of our time and energy.

Feng Shui is all about balance. So, if you are putting a great deal of energy out into the world on a daily basis, you are encouraged to rest and restore yourself regularly. A good night's sleep, a day at the beach, or just turning your phone off from time to time, can allow you to refill your well.

You have probably heard about the energies of Yin and Yang. Yang energy is loud, bright, expansive, and outward. Yin energy is quiet,

**Lunch & Learn**  
**Friday, May 26th, 12-1:30 pm**  
**At the Nashua Country Club**

The Happy Space Lunch Series is celebrating 2 years of meeting. Join us for a fun and informative discussion on what spirituality means to you. Lisa will share insights from her spiritual awakening and encourages participant sharing. All are welcome! Cost with a healthy lunch is \$25. Preregistration required by emailing [LisaLaw@LisaLawDesignServices.com](mailto:LisaLaw@LisaLawDesignServices.com).

**Decluttering Strategies**  
**Saturday, June 24th, 2-4 pm**  
**The Nashua Country Club**

Are you ready to declutter, but don't know where to start? Have begun to get organized, but your efforts have stalled out? The Feng Shui and Decluttering Discussion Group meets monthly to talk about ways to improve home and office spaces. This month, different types of clutter, common pitfalls, and organizing strategies will be discussed. Cost is \$15. Preregistration required by emailing [LisaLaw@LisaLawDesignServices.com](mailto:LisaLaw@LisaLawDesignServices.com).

**Let's Talk about Social Media**  
**The Metaphysical Business**  
**Development Round Table**  
**Wed., June 28th, 7-9 pm**  
**The Nashua Country Club**

Do you have a spiritual business? Come meet other practitioners and share what you do. Our member Brandt will lead a discussion on social media tools and how to use them effectively to promote services and business awareness. Cost is \$20.

**Did you know that Lisa**  
**Law Design Services**  
**posts daily tips and**  
**inspiration on Facebook?**

soft, introspective, and inward. We need a balance of both energies in our life-style to maintain health and well-being.

If you find that your life-style is more Yang, bringing some Yin elements into your home can help restore your equilibrium. Yin spaces encourage sleep, meditation, contemplation, and self-discovery.

Think of your home as your recharging station. Just as you plug your electronics in at the end of each day, you need to re-energize yourself with restful activities and a good night's sleep. Creating a calm bedroom or a place for quiet activities can encourage you to rest more.

If you tend toward the Yin (quiet side) you can bring more Yang energy into your home through brighter lighting, colors, and artwork.

Whatever you are currently working toward, your home can be a source of support and inspiration. Want to learn more? I'd love to work with you!

In love and light, Lisa

# Your Referrals Appreciated

Do you know someone who would benefit from my services, classes, or newsletters? Please help spread the word. Your referrals are greatly appreciated!

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