

You are receiving this newsletter because you have expressed an interest in Vibrant Body Wellness, Dr. Teresa Lau's practice. To be sure we land in your inbox, please add vibrantbodywellness@gmail.com to your address book.

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Dear ones,

The time is now! Can you feel the environment changing pace and changing color? As we settle into fall, it's time to take stock of where we are and make some decisions about who we must be now to get where we are going. What kind of shape are you in? And what is that saying about you?

Check out and enjoy the articles and links below that have so much to say about recent research on how the shape of your body impacts your state of being. We hope you enjoy these new additions to our newsletter; they are a great way to make the connection between what's happening with your spine on the table and what's happening in your life and being. We look forward to hearing your responses!

Our annual I Heart Network Week is coming up next week, so read on to find out how you can share the love, both inside the office and out in your world. As always, we are so grateful for your presence and participation in the practice and in your care.

With love and excitement for what's to come,

Dr. Teresa



The shape,
position,
tension,
and tone
of your spine
determines

the shape,
position,
tension,
and tone
of your life

-Donny Epstein



Research Corner:

Recently the Wall Street Journal reported on an idea that has been researched for the past few years: "striking a pose" whether powerful or weak affects your psychological state, self-perception, stress level and confidence. Body posture has more influence over your mind and heart than you may imagine.

[How 'Power Poses' Can Help Your Career, Wall Street Journal, August 20, 2013](#)

Research article: [Power Posing: Brief Nonverbal Displays Affect Neuroendocrine Levels and Risk Tolerance](#)

TED Talk video: [Amy Cuddy presenting "Your Body Language Shapes Who You Are"](#)

Upcoming Events

I ♥ Network Week!

Monday 10/21 - Saturday 10/26

Tell us what you **love** about Network Care! And introduce your loved ones to the benefits of Network for only **\$25** (value \$144). We'll have raffles for prizes from our favorite neighborhood merchants, so take a moment to share the LOVE! *Appointments for new patients only*

Level I Class

Wednesday 10/23 @6:45pm

Dr. Teresa will introduce the "Season of Discover" -- the pleasures and pains of it, and how it is helpful in the healing process. She will also introduce Stages 1 and 2 of SRI, which are exercises you can do at home to support your progress in care.

FREE! Guests welcome

Level II Class

Tuesday 10/29 @5pm

Essential for everyone in Level 2 care, this class walks you through the transition from Discover to Transform. With the greater connection, awareness, and ability to release tension that you have developed in Level I of care, you are ready to take your healing to the next level.

FREE! Please ask Dr. T about your level of care.

Next Month...

Transformational Gate with Dr. Donny Epstein in SF!

Friday-Sunday 11/15 - 11/17

Applications are available at the front desk

GROW Day Revisited

Thursday 11/14 & Monday 11/18

FROM OUR PRACTICE MEMBERS...

In response to "Pain to Progress" presented by Dr. Donny Epstein a couple weeks ago in San Francisco!

What excited me was the energy of all the young people in the room. It gave me a lot of hope for the country, our world. I kept thinking, what if I had had this then? Faces glowing, breathing, sounds & energy coming out!

~Janet

I enjoyed the energy-rich and insightful presentation. Donny embodied and transmitted the qualities he values, and presented a vision of life being lived fully and vibrantly. There was a contagious excitement in the audience. The way he expressed the different energies (survival, status quo, progress, and energy-rich) was simple, clear, and a valuable new perspective arose in my thinking. The central idea now percolating for me is to be aware of how many of my strategies have been for self-protection or maintaining the status quo, but with practice and awareness I intend to move more toward a little chaos, unpredictability, and using my energy to bring my gifts to the world.

~Sharon

Caring For Our Vibrant Community

Here at Vibrant Body Wellness, we strive to help you come home to YOU, in your body and in your life. We always want to ensure that the environment we create is one that welcomes everyone. To care for that community we try to maintain as scent-free a space as possible, which means limiting the use of perfumes and perfumed products when coming to the office. Thank you for everything you do to make this a vibrant and

safe space for all practice members. We appreciate your support!

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