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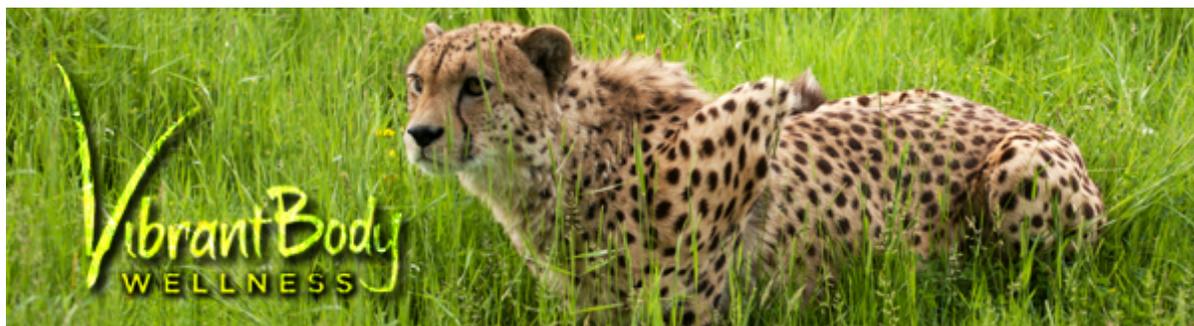
INSIDE ::

From Dr. Teresa

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Dear ones,

Lots of change and transition here at Vibrant Body these last few weeks! Thank you to all our helpers at the front desk, and for everyone's patience with the bumps and missteps along the way. I'm so excited to [welcome Jessica](#) to the Vibrant Body family, and hope you get the chance to connect with her warmth and wisdom soon.

When unexpected things happen, or when expected things don't happen, it can often be an undeniable opportunity to get humble. When we feel helpless or victimized or somehow made unimportant, that's the moment that calls loudest for us to get present with what is, with the feelings, hurts, energy, and quality of our experience, right now.

And humility is like secret sauce for presence. Humility requires us to shed the protective shell we've worked for years to build up--our idea of the world and who we are in it--and inhabit the vulnerability of not knowing how things will end, or why they have come to pass.

What's even more exciting is that humility not only helps us Discover more deeply, it is also a key player in the season of Transform. What does it take to put your desire front and center? What happens to the fear when we get humble, accept that we cannot possibly control every outcome, and just start? Here's [an article](#) that might inspire you to give it a try yourself!

With so much love,  
Dr. Teresa

P.S. I was inspired to think about humility in this way by this article, which I now pass along to you: <http://madworldnews.com/atheist-response->

[prayer/](#). Enjoy!



### **A Warm Welcome**

Hello! My name is Jessica and I will be the friendly face behind the desk at VBW. I'm a recent UC Berkeley grad in the Anthropology and Gender and Women's Studies departments. I'm originally from a small little town in Southern California that goes by the name of Perris. I can't wait to get to know you all in your journey towards healing.

<3

With much love

Jessica

## *Community Appreciation Day Recap*

Thank you to everyone who joined us to celebrate our beautiful community!

We enjoyed mixed media art pieces by Linda Lemon, spoken word and music by Skratz, and soaked up the friendly company.

Practice and community members also donated massage sessions and hand-made craft to our fun (and bountiful!) raffle.

Chatting with folks about their Network story, and connecting with old friends in a new setting were the theme of the day. Our hope is that you got to connect with some great people, enjoyed the taco bar, and left with more

### **...and a Fond Farewell**

Though short, the journey here at Vibrant Body Wellness has been very enriching, and I want to thank you all for welcoming me into your community! I have enjoyed meeting you, and will miss seeing your beautiful faces!! I hope that the rest of the year is enjoyable and challenging in all the right ways.

Take heart,  
Bekkah

**Pause.  
Listen for the whispers  
of your Soul.  
Soul quietly flows  
through every part  
of you.**

spring in your step! We know that many of you were with us in spirit, and we hope you're able to make it out to join us next time!

---Nancy Lankston



## Upcoming Events

SEPTEMBER

### Living Energy Rich

Tuesday 9/23 @ 7-9:30 PM

Recognize and amplify the way you use your energy. Transform the way you handle stress and pressure, and awaken the power to truly contribute to those around you.

*\$50 Investment. Register today!*

OCTOBER

### Level I Class

Wednesday 10/3 @ 6:45-7:30 PM

Dr. Teresa will introduce the Season of Discover - the pleasures and pains of becoming aware of what is, 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!*

### Living Energy Rich

Saturday 10/11 @ 1:30-3:30 PM

*\$50 Investment. Register today!*

### I Heart Network Week

10/13-10/19

Our annual opportunity to share our stories and spread the Network love!  
Stay tuned for more details...

## Level II Class

Thursday 10/23 @ 7:30-9 PM

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. Teresa about your level of care!*

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