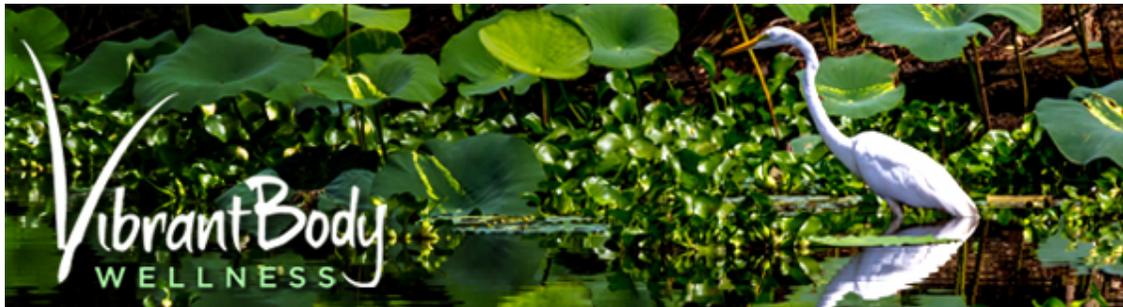


You are receiving this newsletter because you have expressed an interest in Vibrant Body Wellness, Dr. Teresa Lau's practice. To be sure we land in your inbox, please add this email to your address book:
vibrantbodywellness@gmail.com

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INSIDE ::

From Dr. Teresa
Welcome & Hello
New 2016 Classes
Upcoming Events



Dear one,

Spring is in full swing and there are lots of updates and upgrades going on at Vibrant Body Wellness.

First and foremost, I am excited to welcome your Friends and Family to the practice ALL NEXT WEEK! This year's Friends and Family Week is going to culminate on Saturday, April 30th, in a great opportunity to gather all together and get entrained as well!

Belatedly but enthusiastically, I want to extend a warm and happy welcome to [Chloe!](#)

She has been a wonderful presence at the front desk, and I am thrilled to be working with such an intelligent, caring, and capable person.

In other news, our office was broken into last month and we were robbed -- a violation that we have been sorting through, as well as learning from. You can read more about it on our [website](#).

With so much love,
Dr. Teresa





Give the gift of network TO your network:
the complete **Introducing Your Vibrant Body** package for

\$25!

Invite your Friends and Family for their initial consultation and exam with
Dr. Teresa next week -- Special appointment times available!

Then join us for our Friends and Family Event on April 30th
and hop on the table together!

Hello all!

For those of you who haven't met me yet, my name's Chloe - I'm the person with purple hair (which has mostly washed out) who you'll see behind the desk when you walk in.
:)

First of all, I want to thank everyone who's been in these past few months for being so gracious,



[Powerful Reads:](#)

be a part of this community and the love that radiates from it.

I look forward to meeting everyone this newsletter is sent to, and thank you all in advance for the beautiful relationships bound to develop.

With love,
Chloe

appreciate Gustavo Tannaka's take on [how our world is changing](#).

More on culture, and humility -- <http://madworldnews.com/atheist-response-prayer/>.

What's emerging? We couldn't get enough of these womxn: [Trust Your Hustle, Community, and Power](#).

Upcoming April Events:

SRI: The Turning Point

Tuesday, April 19th/ 5:30-6:15PM

We've all reached it--that moment when we can fall back on things we've done before... or reach for something more..! SRI Stage 3 and Stage 4 make for a powerful combination in those turning point moments, helping you shift your state of consciousness and have more trust for what you know in your gut must change, now.

SRI: Getting Your Hands Dirty

Thursday, April 21st/ 5:30-6:15pm

We often hear the question: "What can I do on my own?" This is it! SRI Stage 1 is fundamental in establishing a lifetime practice of self-directed healing and wellness. Ideal for people who are in pain, or are feeling depressed, fatigued, helpless, or stuck, learning this SRI exercise gives you tools to directly navigate and access the internal forces of your body.

POC Cohort Reunion

Saturday, April 23rd/ 11:45-1:00pm

Join us for a beautiful opportunity for all those who have participated in the People of Color Cohort programs in the last year to come together again! We are extending our office hours and invite POC Cohort participants to come get entrained in community. Get in touch with us today!

Friends and Family Week (\$25 New Patient Exams)

Monday, April 25th - Saturday, April 30th (Call for Appointment Availability)

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We're so excited to host this opportunity to bring your friends and family to Vibrant Body Wellness and get entrained together. Dr. Teresa will be presenting a fun and interactive 30-minute workshop to introduce Network Care and all the benefits of having a strong and healthy spine. Plus, everyone will have a chance to experience the magic for themselves!

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