

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

[View this email in your browser](#)

INSIDE :: A Call to Action!
From Dr. Teresa
The Move, Part 1 of 3
Upcoming Events



Hello dear one!

We're sure you can feel it: things are in motion. The season, the planets, the energy shift is clear and we're gearing up and ready for what is bound to be an adventure!

We know that things can never stay as they are, not even this beautiful space we've called home for the last four years. The ArtTech Building plans to turn the second floor into apartments, which means Vibrant Body Wellness can't stay. But we are attending the **public hearing this Thursday, May 26th**, for a few reasons:

1. We'd like to ask for more time in the space! We love our office and would love the chance to keep taking care of our community here at least through the summer and fall.
2. We'd like to show the Berkeley Zoning Board members what this space has meant and continues to mean for folks who have come and received healing here. We've made this place our home and hope that in some way it has been able to provide a home for you too.

If you are able and willing, we ask for your presence and support at this meeting (TOMORROW!). We simply intend to put faces and names to the healing and support this practice provides in the heart of Berkeley, and give the Zoning Board a taste of the strong community we are blessed to sponsor every day.

Time: 7:00 PM on Thursday, May 26th

Location: City Council Chambers at Old City Hall

Thank you in advance for your support -- in person and virtually! We look forward to having you join us in [all the transition ahead](#), and as always appreciate you for your commitment to our practice and to your own spinal health and wellness.

With love and gratitude,
Dr. Teresa



[GROW Day is Back!](#)

After a long hiatus, GROW Day is back this summer! Stay tuned for more details about how you can experience the magic and community of this favorite event:

Sunday, July 17th!

[..and Summer School is starting](#)

For the first time, VBW is offering an intensive over six weeks this summer -- an opportunity to learn and practice with what's really going on during your

Transition! (Part 1 of 3)

We will be stepping up the tempo of our communication with you because we want to keep you updated with all the NEWS as we transition this summer into the next home for Vibrant Body Wellness.

So you'll be receiving **two more** email newsletters from us during the next month.

After that, you can follow all the details and developments of our summer adventures on Facebook at the

[Vibrant Body Wellness page](#),

or on [Twitter](#).

(We joined Twitter!)

If you'd like to continue to receive updates by email throughout the summer, simply send us an email to get on our Transitions mailing list.

Upcoming June Events:

Get Well: Who Needs Balance?

Thursday, June 7th/ 5:30-6:15PM

Come learn the truth about balance, and how it impacts your ability to be happy and healthy.

Get Well: Energetically Speaking

Tuesday, June 12th/ 5:30-6:15pm

Do you want more Energy? Want to know how to Get More Energy? Come learn your own recipe for getting the energy you want, so you know what to do when you're stuck, energetically speaking!

Level 1 Class

Tuesday, June 19th/ 5:30-6:15pm

Have you ever wondered what you're supposed to be doing on the table? How can you participate and make the most of your care? This is a great introduction and is ideal for people new to care and for practice members who want to Discover and share in community.

Get Well: Why the Spine?

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

Copyright © 2016 Vibrant Body Wellness, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

MailChimp