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What's Inside?

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Upcoming Events

Make the MOST of Your Stress
Wednesday, January 16th
7:00pm-8:00pm

Most people are so stressed out that it's all they can do to get through the week. Getting ahead and getting happy are simply out of reach. But it doesn't have to be that way! The energy you need to live your best life is INSIDE YOU now. All it takes is making the most of the resources you already have. Join us for a fun and interactive talk on how to FEEL FREE no matter what your circumstances! Connect your posture to your life, Discover the truth about neck and back pain, and Claim your instant well-being formula!
FREE! Guests welcome.

Level I Class
Saturday, January 12th
12:00pm-1:00pm

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 and exercises you can do at home to

Dear Teresa

As 2012 comes to a close, I am struck by how unprepared I feel for 2013. I have not made any New Year's resolutions, I don't have New Year's Eve plans, and when I look forward into 2013, it's more mystery and the unknown rather than hopes and expectations. What lies ahead? I have no real idea..! But whatever it will be, I'm ready.

How do I know? 2012 has been chock full of so much change in my own life and at Vibrant Body Wellness. And though the road has been bumpy at times, we have learned just how resilient and capable we are--not only to survive or make it through challenge and upheaval, but to meet and be deeply present for the realities of life and circumstance, to listen to our inner guidance and take action that is congruent with who we are.

I will be making another journey to the Ultimatum Program with Dr. Donald Epstein, creator of Network Care and Reorganizational Healing. For the first week of 2013, I will be immersed in an intensive exploration and awakening of greater resources and awareness, to be true to whom I must be to even more share my gifts with the world. We have a wonderful team of practitioners coming to Vibrant Body to take care of you and your spines next week, and I look forward to seeing you all on the other side!

With love and gratitude,
 Teresa



Covering Doctors

Vibrant Body Wellness is pleased to welcome these lovely

progress in care.
FREE! GUESTS WELCOME

Level II Class

Saturday, January 12th
1:00pm-2:00pm

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, you have developed in Level I of care, you are ready to take your healing to the next level.
FREE!

Triad of Change Workshop

Saturday, January 26th
1:00pm-2:30pm

How many times have you tried to make changes only to find that you are back where you started or wanting greater results from your efforts? Mastery of YOUR Triad of Change is the missing link for many of us in creating sustainable transformation in our personal and professional life. You will discover your formula for effortless living and mastering progress.
 Fee: \$50

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Doctors to care for your Post-Holiday spines



Dr Sarah Teel will be with us on:

Thursday, January 3rd
 Friday, January 4th
 Tuesday, January 8th



Dr. Kirsten Perkins will be with us on:

Saturday, January 5th
 Wednesday, January 9th

Moving in sync makes people think alike

Whether it's the couples gliding seamlessly across the floor in "Dancing with the Stars" or soldiers marching lock-step in parade, those kinds of synchronous movements can lead to a sort of unconscious mental harmony, two new studies show.

There's something about moving in sync that makes us feel connected with others and leads us to want to think the way they do, says Scott Wiltermuth, an assistant professor of management and organization at the Marshall School of Business at the University of Southern California. He wrote two recently released studies on the effects of synchronicity. [\(read more\)](#)

Transitions

Dear Practice Members of Vibrant Body Wellness,

After a year of my work as the Saturday Front Desk Coordinator I will be stepping down from my position to focus on other career paths and to nurture and grow my Reiki and Massage Therapy business.

It has been an honor to to cross paths with each and everyone of you, to share your stories, weave connections and witness your growth and transformation.

Network Care and Dr. Teresa has transformed my life, helping me clarify my intention and come into alignment with my creativity and purpose.

I am looking forward to seeing you in the entrainment room in 2013.

*With many bright blessings,
Adriana*

Holiday Gift Offer Extended Through January 15th

Vibrant Body Wellness is offering a gift that will truly keep on giving. **We are offering a free Network Spinal Analysis consultation, free Report of Findings and Free Entrainment to the loved ones in your life.** (This is the only time we offer free Entrainments during the year!)

This is an offer valued at \$192! and at no charge to you. Your friend, family member, or partner has until January 15th to redeem their Gift.

Call, email or drop in to give us the name and address of your friend or family member, and we will take care of the rest! We only have few more cards left!

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