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Dear <<First Name>>,

Welcome back! We are excited to see your faces returning to the office, and hear about your summer trips and adventures. As the long slow rhythm of summer shifts to autumn, we move to focus our attention and intention on manifesting our dreams and outcomes for the year.

Here at Vibrant Body Wellness, you'll notice we have changed staff and are gearing up for more ways to streamline and amp up our support and leadership for your healing and evolution! Please help me in welcoming Tania to our practice and stay tuned for more about our Grow Day and I Heart Network Week in October, as well as the Transformational Gate in November.

Thank you for your commitment to your own growth and your willingness to stretch, reach, and grow the wisdom within you!

It's such a pleasure and privilege to witness.

Love always,  
Dr. Teresa



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**Research Corner:**

A recent *Scientific American* article titled, ["Negative Emotions Are Key to Well-](#)

[Being.](#) gives evidence on the benefits of acknowledging negative thoughts and emotions, as opposed to suppressing them with "positive thinking" or avoiding them altogether. It describes the effectiveness of what is essentially Stage 1 of SRI (Somato Respiratory Integration), where the only goal is to get present with what is. Using our own touch and focusing on our breath, movement, and energy, we can move from and with ease through what had seemed impenetrable.

## Upcoming Events

### Level II Class

**Tuesday 9/17  
@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.*

### Level I Class

**Wednesday 9/25  
@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

## Transitions

### Farewell from Rafeal

I have had a blast serving each and every one of you, sharing your lives, witnessing the changes in you, and laughing. I want to thank you all for making each day an adventure and teaching me so much. It's been an amazing year and nine months!

I will continue to be in the Bay Area, focusing more on Reproductive Justice and families. I will miss you all and hope to see you in the office, at Grow Days, and Gates in the future, as I will continue as a practice member myself, woohoo!

### Greetings from Tavae

Tavae Samuelu is a Long Beach native who moved to Northern California to attend UC Berkeley. Although she misses the So Cal sun, she has fallen in love with the Bay and now calls Oakland home. When she's not sitting at the VBW front desk, you can find her enjoying a Jeopardy marathon or cheering for the Lakers with her best friends. Don't mind her squinting. It's not you; it's her poor eye sight.

### Welcome to Tania!

During the past weeks I have been delighted to get to know Dr. Teresa and her practice members. I am AMAZED at how my brief

can do at home to support your progress in care.  
*FREE! Guests welcome*

## Next Month...

Make the MOST of Your Stress

**Saturday 10/5**  
**@11:45am**

*FREE! Guests welcome*

Triad of Change

**Tuesday 10/8**

**@5pm**

*Fee: \$50*

I ♥ Network Week

**Tuesday 10/22 -**  
**Sunday 10/27**

GROW DAY

**Sunday 10/27**  
**1pm-5pm**

encounter with Network has already sparked more balanced movement and awareness in my stride and stance. I'm wholeheartedly dedicated to assisting Dr. T help others!

Thank you all so much for making me feel welcome and for being patient as I learn the ropes. My hope is that my skills and experience will increase Dr. Teresa's ability to 'touch' more people and assist our communities to evolve and be ever more resilient. I look forward to getting to know you all better and serving you to the best of my ability.

## Building 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. In order to build 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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