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Dear ones,

The weather is changing--heat, rain, clouds, sun--and it's evident that we too must transform our routines and habits as the days grow longer and temperatures find a "new normal" range. Are you enjoying the unpredictability? What's it like to change the rules and identities we've been living, and consider something new?

Vibrant Body Wellness has its own changes to share, as we welcome a new staff member to our family (more soon). Tania is [changing course](#) to pursue her own Ayurvedic practice, and we are both excited for the new opportunities ahead of her and grateful for all she has done to enrich our community these last several months!

Our practice members are also making big changes in the bodies and their lives, getting off the sidelines of life and into its full expression and aliveness. Some are making the leap from finishing school programs to their next pursuit in life, others are asking for more from their relationships with beautiful vulnerability and openness, and still others are facing into those deeply anchored stories and beliefs to find new options, new resiliency, and new hope for living a different life. It's such a gift and a privilege to witness and sponsor your transformation and growth!

With love and celebration,

Dr. Teresa



## Que Saudade!

Dear friends,

As we prepare for this transition at Vibrant Body I am experiencing the deep mixed feelings described brilliantly by the Brazilian Portuguese word **saudade** (sow dah' ji). Saudade is a nostalgia or longing for people or places that are absent from one's life or going to be separated. It encompasses the mix of both sad and happy that comes from remembering cherished experiences.

I have been privileged to get to know you here in this transformative space and I am grateful for all that you've shared. My career path as an Ayurvedic practitioner and launch of my Ayurvedic personal chef service requires my time and devotion now, but I will miss witnessing your continuing evolution in Dr. Teresa's care. I wish you all the most energy rich, inspiring and dynamic lives!

Be well!

Tania

## Upcoming Events

### Level 1 Class

**Wednesday 5/7 7pm**

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 Seminar

**Thursday 5/22 6-8:30pm**

A NEW seminar offering about what energy REALLY is, and how to recognize and amplify the way you are using yours. Discover what resources are most available to you, transform the way you handle pressure and stress, and awaken the power to truly contribute to those around you.  
*\$50 investment. All welcome!*

**June**

### Level I Class

**Wednesday 6/4 @7pm**

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*

### Level II Class

**Thursday 6/12 7:30-9pm**

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.*

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