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Dear ones,

The summer is speeding by, and before it ends, we want to appreciate and celebrate the community we have built up at Vibrant Body Wellness, with a [PARTY](#) at the end of the month! I hope you can join us, and that you are ENJOYing the other adventures, trips, and changes of routine that this time of year affords.

Rivers and journeys have been my teachers of late, giving me varied experiences of what it's like to just dive in! The current of life moves pretty fast sometimes and being ready before we're ready is a high value skill. It's easy and natural to resist the surge of speed, energy, or emotion--even if we've asked for what we're getting. Our preservation instincts kick in and we resist the change. The key moment comes right after we react, when we get to notice and choose our response to what we're feeling.

Taking the leap is nothing more or less than taking the next step, whether or not it "feels right" to every part of us. Far from ignoring or running over the scared parts, stepping out in this way takes our habitual hesitations and doubts into a new energy, finding the emotional and spiritual resources we need by focusing on a higher order value or commitment we make to ourselves.

What happens when you put your desire front and center? How does that change the fear? There's a great article about why truly successful people are [so good at doing just that](#), which I hope you'll enjoy.

With love and gratitude,  
Dr. Teresa



## WE'RE HAVING A PARTY!!

Join us in the office on Saturday afternoon, July 26th as we celebrate the community of Vibrant Body Wellness. Our practice members are a rich collection of talent, heart, and generosity, and we're excited to bring folks together and enjoy each other's good company. Please do bring friends and family; we want to meet them too!

We'd also love to showcase the art and skills of various practice members -- whether through art, music, or wellness/healing wisdom -- so be sure to let us know if you'd like to contribute!

What: Food, raffles, surprises

When: Saturday, July 26th 12:30 - 3:00 PM

Where: Vibrant Body Wellness offices



Within the seed of your desire is everything necessary for it to blossom to fulfillment. And Law of Attraction is the engine that does the work. Your work is just to give it a fertile growing place in order to expand.

*---Abraham*

### Upcoming Events

JULY

## Living Engery Rich

Thursday 7/17 @ 6:30-8:30pm

Recognize and amplify the way you use your energy. Transform the way you handle stress and pressure, and awaken the power to truly contribute to those around you.

*\$50 Investment. Register today!*

## Community Appreciation Day!

Saturday 7/26 @ 12:30-3PM

Join us in the office for food, fun, and a few surprises! Feel free to bring your family and friends - all are invited!

AUGUST

## Level I Class

Wednesday 8/6 @ 7-7:45 PM

*Free! Guests Welcome!*

## Level II Class

Thursday 8/14 @ 7:30-9:00 PM

*Free! Guests Welcome!*

## Simple Habits for Healthy Living

Wednesday 8/27 @ 6:45-7:45 PM

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