

Create Your Ideal 2009

with Erin Murphy, SVH, CSC

Do you have everything you desire or are there goals you still wish to achieve? If you are like most people, you have a list of goals yet to be realized. What is stopping you?

Explore how to **Create Your Ideal 2009** along with what stops you, blocks you, and keeps you stuck in life. Learn why we really give up on our goals, dreams, desires, ideals, and aspirations. The answers may surprise you as you discover the **Top 5 Reasons We Quit** and **How to Overcome These Energy Blocks**.

You will also walk away with a snapshot of where your life currently is and an understanding of what area(s) of life to focus on to have more balance and harmony.

WARNING: This is not a goal setting seminar and the answers have nothing to do with willpower, skill or ability. Only come expand your awareness if you're ready to turn your goals for 2009 into a reality.

Join us for this *FREE* seminar at Budget Lodging-Meeting Room in St. Clair, MO.

The seminar will be on Thursday,

January 15, 2009 starting at 6:30 p.m.

Sign-up today by calling or visiting the store.



**Erin Murphy,
SVH, CSC**

Erin Murphy is a Serenity Life Coach as well as a Master Practitioner and Teacher of a transformational personal empowerment modality called Serenity Vibration Healing®. Erin's main objective is to empower clients like you to release the limiting thoughts and beliefs that can block their clarity, focus, abundance, joy, health, and vitality through Serenity Life Coaching, Serenity Courses, and Serenity Mastermind Groups.

January 2009 Newsletter

Class Schedules

Create Your Ideal 2009

with Erin Murphy, SVH,
CSC

Thursday, January 15,
2009 at 6:30p.m.

Budget Lodging-Meeting

Room-St. Clair

Seminar Fee-FREE

YOGA FOR LIFE

with Cheryl Baumann,

Lifeforce Fitness

6-week program on

Thursdays starting

January 22, 2009 from

6:30p.m.-7:30p.m.

Class Fee: \$50.00

Remember:

New Year's Resolutions are not what you want to do but what you are going to do.

Product

Spotlight

New Chapter

Immunity Take Care™

Elderberry has been shown to be a leader in immune health dating back to the fifth century BCE in the writings of Hippocrates.

While many conventional extracts of Elderberry are available, none consistently assure a broad spectrum of herbal chemistries and key bioactives that are available in Immunity Take Care™. This breakthrough formula combines Nature's full herbal intelligence with a unique, patent-pending extraction process and DARTvision™ (Direct Analysis Real Time) validation that guarantees dose assured potency in every lozenge. This product has been tested extensively in vitro and supported by human pharmacokinetic data. Human critical data shows that Immunity Take Care enters the bloodstream in less than 30 minutes. This is the perfect time of year for extra immune support. Try Immunity Take Care™.

Monthly Specials

Massage Therapy Specials

\$50.00

1 HOUR SPECIAL

Choose from:

Myofascial Release

Bamboo Fusion

Hawaiian Lomi Lomi

Bella Nina Facelift