

# WELCOME!



Thank you for joining me here! You'll get bi-weekly updates on what's going on behind the scenes, product information and deals, and what classes or events that are occurring here at Intrinsic Lotus Wholistic Healing Center!

## WHO AM I?

*I'm Dawne Inisky. My background is as a Registered Nurse for 24 years. I now am a Reiki Master and an Access Bars Practitioner. I look forward to meeting people as you visit my Center. My intention in creating the Center was to reach the community as whole and offer multiple ways to heal oneself.*





Have you reached a point in your life that you just need something else. You've been trying to take care of yourself but nothing seems to be working!



## REIKI

ACCESS BARS \* HYPNOTHERAPY \* SPIRITUAL HEALING

SOUND BATH \* TAROT CARD READINGS \* BREATHWORK

## QIGONG

**IF YOU FEEL YOU HAVE  
DONE EVERYTHING, MY  
QUESTION TO YOU IS,  
HAVE YOU?**

Healing needs to happen on many levels. As humans we are much more than the physical body that moves us around. We have a soul and an energetic body that creates the entity that you see in the mirror everyday.

So when you are looking to improve or heal yourself in whatever dimension of self, you can not neglect any one of the many aspects of self - physical, emotional, mental, social, energetic, and volitional.

Wholistic healing is key to your self care journey!!

## **CALENDAR OF EVENTS**

### **SEPTEMBER & OCTOBER 2023**

September 26: Breathwork with Embark Wellness

September 28: Post-Natal Yoga - KarmaBurn Yoga

September 29: Spell Jar Class - Mx. Lilith's Witchy Brew

September 30: Pre-Natal Yoga - KarmaBurn Yoga

October 4: Breathwork with Embark Wellness

October 5: Post-Natal Yoga - KarmaBurn Yoga 10:00 am

October 5: Qigong & Soundbath - 7:00 pm

October 7: Pre-Natal Yoga - KarmaBurn Yoga

October 12: Post-Natal Yoga - KarmaBurn Yoga

October 14: Pre-Natal Yoga - KarmaBurn Yoga - 10:00 am

October 14: Fall Self Care Market - 12:00 - 6:00 pm

**PLEASE TAKE CARE OF YOURSELF  
NO ONE ELSE WILL !!!**

**Book a Reiki or Access Bars  
with Dawne and experience it  
by October 31/23 and you will  
receive a 10% off discount in  
store only on a New Roots  
Herbal Amino-Mix 240 tablets.**

**PLEASE TAKE A LOOK AT INTRINSIC LOTUS' WEBSITE TO SEE THE  
SUPPLEMENT STORE FOR YOUR ONLINE SHOPPING NEEDS (CLICK**

**THE CART]**

