

HEALTH & WELLNESS IS MUCH MORE THAN MERELY PHYSICAL HEALTH, EXERCISE, OR NUTRITION. IT IS THE FULL INTEGRATION OF PHYSICAL, MENTAL, EMOTIONAL, AND SPIRITUAL WELL-BEING.

# Why is Wellness Important?

THE QUALITY OF YOUR HEALTH & WELLNESS WILL NOT ONLY AFFECT YOUR PHYSICAL BODY, BUT WILL HAVE INFLUENCE OVER YOUR MIND AS WELL.

BEING PROACTIVE IN ONE'S HEALTH IS EXTREMELY IMPORTANT. IT MAY BE TIME CONSUMING AND MAY MEAN A BIT MORE OF A COMMITMENT IN & FOR YOURSELF BUT IT IS AND WILL BE THE BEST INVESTMENT YOU EVER MAKE!

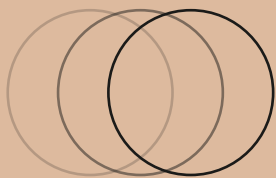




# Do you know what YOU need to FILL your cup?

FILLING YOUR OWN CUP IS NOT SELFISH; SELF CARE IS SELFLESS.

YOU CAN'T TAKE CARE OF OTHERS IF YOU DO NOT TAKE CARE OF SELF FIRST!!



HEALING SELF

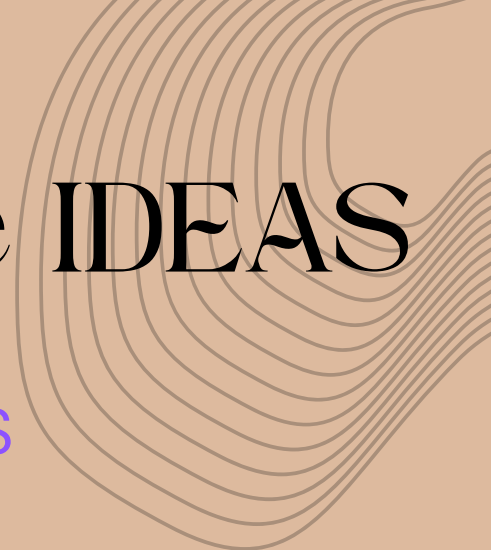
Love Yourself





# Self Care IDEAS

## INTRINSIC LOTUS' CALENDAR OF EVENTS



### OCTOBER 2023:

OCTOBER 21: ORACLE CARD READINGS	2:00 PM
OCTOBER 22: ORACLE CARD READINGS	2:00 PM
OCTOBER 23: YOGA – KARMABURN YOGA	10:00 AM
OCTOBER 24: YOGA – KARMABURN YOGA	6:00 PM
OCTOBER 25: YOGA – KARMABURN YOGA	10:00 AM
OCTOBER 26: ORACLE CARD READINGS	5:00 PM
OCTOBER 27: ESSENTIAL OIL SPELL JAR	7:30 PM
OCTOBER 30: YOGA – KARMABURN YOGA	10:00 AM
OCTOBER 30: ORACLE CARD READINGS	6:00 PM
OCTOBER 31: ORACLE CARD READINGS	6:00 PM
OCTOBER 31: SPELL JAR WORKSHOP	7:30 PM

### NOVEMBER 2023:

NOVEMBER 1: YOGA – KARMABURN YOGA	10:00 AM
NOVEMBER 4: KUNDALINI – INTENTIONS YOGA	11:00 AM
NOVEMBER 6: YOGA – KARMABURN YOGA	10: 00 AM
NOVEMBER 7: YOGA – KARMABURN YOGA	6:00 PM
NOVEMBER 8: YOGA – KARMABURN YOGA	10:00 AM

[WWW.INTRINSICLOTUS.CA](http://WWW.INTRINSICLOTUS.CA)

Treat  
Yourself

BALANCE

