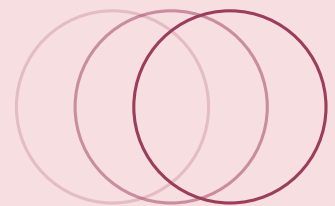




So many of us hide from ourselves and we don't even know who we are. We don't know what we feel, we don't know what we want. Life is a voyage of self-discovery.  
-Louise Hay-

## 10 Ways to Love Yourself

- Stop Criticizing Yourself
- Stop Scaring Yourself
- Be Gentle, Kind & Patient to Yourself
- Be Kind to Your Mind
- Praise Yourself
- Love & Support Yourself
- Love Your Negatives
- Take Care of Your Body
- Use Positive Affirmations
- Love Yourself NOW





# Tips & Tricks about Vitamins



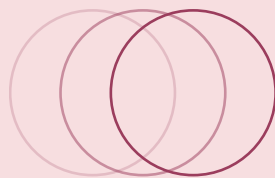
## VITAMIN D3 & K2

These two vitamins **NEED** to be taken together as they offer your body more benefits when combined.

In fact, they work together within the body:

- Vitamin D3 directs the absorption of calcium from your intestines into the blood.
- Vitamin K2 takes it from the blood, directing that calcium into your bones.

Love  
Yourself



HEALING SELF



# Self Care IDEAS

## INTRINSIC LOTUS' CALENDAR OF EVENTS

NOVEMBER 2023:

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
NOVEMBER 8:	BREATH WORK	7:00 PM
NOVEMBER 9:	ANIMAL FLOW INTRO	6:30 PM
NOVEMBER 12:	WORKSHOP WITH TEA	1:00 PM
NOVEMBER 13:	YOGA – KARMABURN YOGA	10:00 AM
NOVEMBER 13:	HOLISTIC TANNER	6:30 PM
NOVEMBER 14:	YOGA – KARMABURN YOGA	6:00 PM
NOVEMBER 15:	YOGA – KARMABURN YOGA	10:00 AM
NOVEMBER 16:	ANIMAL FLOW INTRO	6:30 PM
NOVEMBER 18:	COOKIE DECORATING EVENT	1:30 PM
NOVEMBER 19:	SPIRITUAL HEALER	11:00 PM
NOVEMBER 20:	YOGA – KARMABURN YOGA	10:00 AM
NOVEMBER 21:	YOGA – KARMABURN YOGA	6:00 PM
NOVEMBER 22:	BREATH WORK	7:00 PM
NOVEMBER 24:	WORKSHOP WITH TEA	7:30 PM
NOVEMBER 25:	KUNDALINI – INTENTIONS YOGA	11:00 AM
NOVEMBER 25:	YOGA – JACKIE LAI	2:00 PM
NOVEMBER 27:	YOGA – KARMABURN YOGA	10:00 AM
NOVEMBER 28:	YOGA – KARMABURN YOGA	6:00 PM
NOVEMBER 29:	YOGA – KARMABURN YOGA	10:00 AM

Treat  
Yourself

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

BALANCE

