



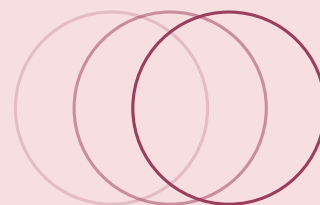
The thoughts we choose to think are the tools we use to paint the canvas of our lives.

-Louise Hay-

Positive Affirmations Do Work

- I am worthy.
- I am deserving.
- I am enough.
- I love myself.
- I allow myself to be fulfilled.

What are Yours??





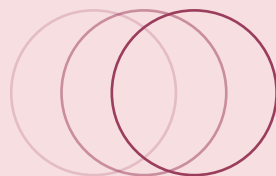
Tips & Tricks about Vitamins



VITAMIN K2

- Can reduce the progression of “Blockage” in your arteries that can lead to heart attacks and strokes.
 - And not only can it prevent your arteries from getting clogged - but it can also reverse it.
- Vitamin K2 is also great for:
 - Younger-Looking Skin
 - Supporting Brain Health
 - Blood Sugar Regulations
 - Preventing Kidney Stones

Love
Yourself



HEALING SELF



Self Care IDEAS

INTRINSIC LOTUS' CALENDAR OF EVENTS

NOVEMBER 2023:

NOVEMBER 18: COOKIE DECORATING EVENT	1:30 PM
NOVEMBER 19: SPIRITUAL HEALER	11:00 PM
NOVEMBER 20: QIGONG	7:00 PM
NOVEMBER 21: YOGA – KARMABURN YOGA	6:00 PM
NOVEMBER 22: BREATH WORK	7:00 PM
NOVEMBER 23: ANIMAL FLOW	6:30 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 28: YOGA – KARMABURN YOGA	6:00 PM
NOVEMBER 30: ENERGY MEDICINE YOGA	7:00 PM

DECEMBER 2023

DECEMBER 2: CARDIO, CORE, & KETTLEBELL	11:00 AM
DECEMBER 4: HEALTH FAIR AT SIGA	10:00–4:00 PM
DECEMBER 5: YOGA – KARMABURN YOGA	6:00 PM
DECEMBER 7: ENERGY MEDICINE YOGA	7:00 PM

Treat
Yourself

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BALANCE

