

Welcome to Herbal Intentions Newsletter!

- Proud Carrier of New Chapter Organic Vitamins and Supplements
- Nature's Sunshine Independent Distributor
- Herbal Specialist on Staff
- Massage Therapy, Reflexology, Reiki, Ionic Foot Bath and Iridology Services Offered
- Bulk Organic Teas and Herbs
- Aromatherapy Products, Candles, Incense, Books, and more
- Monthly Workshops, Lectures, Events, and Classes
- Qigong coming soon! Ask for details!

Body & Soul:

Tips for health of the Body, Mind & Spirit!

Daily moving meditation, as seen in Yoga, Qigong and Tai Chi has been shown to have many benefits ranging from lowered blood pressure, added flexibility, and reduced stress levels. It is also an ideal maintenance program for use between regular massage to maintain muscle elasticity.

Welcome to our first edition of the Herbal Intentions Newsletter! This has been a longtime coming we know, but we are grateful to all of you for your patience and encouragement in getting this monthly publication out. Again . . . We thank you!

Every month, the newsletter will bring you important dates for events such as the Health Fair and Reiki Exchange, as well as upcoming classes and workshop dates. Additionally, be sure to check for our changing monthly specials, discounts and promotions. Also keep an eye out for our monthly mind and body tip under "Body and Soul".

In time, it is our intention to offer monthly articles on various aspects of wellness such as nutrition, herbs, massage, Reiki and many others.

Be sure to checkout October's article on Qigong, which we will be offering very soon!

Namaste,

Renee, Sandra & Johana
a.k.a. Team Herbal Intentions!

Key Dates:

- **Health Fair:**
Saturday, October 19, 2009: 11am - 5pm
- **Reiki Exchange:**
Second Wednesday of the month: 7pm
- **Reiki Level One Class:**
October 24, 2009

Our Mission:

At Herbal Intentions, our goal is to help you achieve your best in health and education for your body, mind, and spirit. To that end, our staff is dedicated to offering only the finest quality health supplements, products, and services, in an open and friendly environment that is conducive to both healing and learning. Whether you are only beginning to reach for your full potential or are already well versed in natural supplementation and alternative therapies, Herbal Intentions is here to help.

September 2009

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