

natural joy healing 



joyous news

NATURAL JOY HEALING NEWSLETTER

Summer's Here!

Sessions are open! Please reach out if you want to improve your overall health and wellness this summer. Health Coaches help you focus on YOUR goals. Let's talk!

Please share this newsletter and the blog with those you think it may serve. Health coaching helps people maintain and achieve their health / life goals. What do you want to improve? Do you have weight loss / gain goals? Do you have health challenges? Do you want to resolve past trauma? Reach out, I'd love to chat. The initial consultation is FREE.

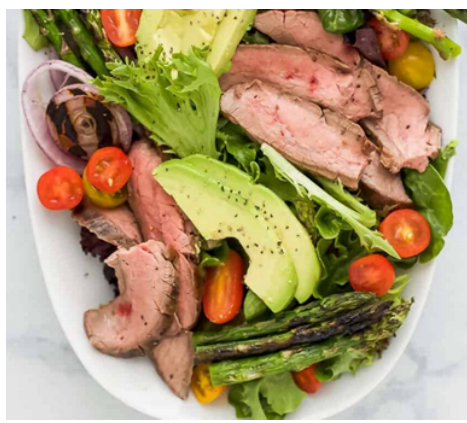
[Sign Up Now](#)



Take a Deep Breath

You may be surprised to learn that most of us breathe wrong. Proper breathing helps with anxiety, depression, insomnia, stress, and a whole host of other issues.

[Read More](#)



Steak Salad with Pesto

I am not a steak lover.. but I have two salads that are absolutely amazing... here is one of them.

[Recipe Here](#)



Self-Care

It's summer. Time to get outside and BREATHE!

Begin a new self-care regimen this spring to ensure a good year ahead.

- Dance more.
- Visit Farmers' Markets.
- Get 8 hours of sleep.
- Go berry picking.
- Find a Zipline Course.
- Be more active.
- Walk outdoors for 30 minutes each day.

- Visit the Botanical Gardens or Zoo regularly.
 - Walk more often. Park further away.
 - Find a volunteer activity to participate in.
 - Play more!
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Working with people across the US to spread health, joy and healing!

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