



January 2009

Welcome in the New Year by making a resolution to take care of YOU in 2009!! Stop by the store and we can help you find ways to enrich your mind, body and spirit. It's like when the flight attendant reviews the safety procedures and recommends that you put the oxygen mask on yourself FIRST, then you can help someone else with theirs. The Nurturing Nook is your source for things with YOUR healing in mind.

Get started with one of our wall calendars, datebooks or almanacs to begin your plans for creating more abundance in your life. We also have journals to record your progress, make notes on goals, and even jot down your dreams for later interpretation!

For January, The Nurturing Nook would like to highlight these artists:

Touch Stone Wisdom - Handcrafted stones by Pam Landreth. Each stone has a message of Gratitude, Blessings, Magic, and other writings designed to gently guide your heart and thoughts toward personal insight and growth.

Jewelry by Karen Allen-White. Karen has designed a stunning array of intricately detailed earrings to match any outfit or occasion. Her necklaces and bracelets are equally as gorgeous. Her prices are such a bargain, you don't want to miss out!

Sun Painted Scarves and Whimsical Pottery by Jenifer Lucas. These luscious scarves are unique pieces of sun painted art for your neck! The colors and designs are wonderful for all

seasons. Jenifer's hand-made pottery comes in a wide variety of shapes and designs for any décor'.

Watch your email for special coupons for these highlighted items.

MAJOR ANNOUNCEMENTS

Donna's Diversions: Every 2nd. And 4th. Wednesday nights from 7 – 9pm. These gatherings will be discussion groups/classes led by our psychic Donna Bonter and are for any one to attend for a small donation (aka love offering). Topics include making Prosperity boxes, chakra balancing, spirit guides, candle magick, and many others. Let us know what you're interested in learning more about!!

Breathwork Workshop – by Melba Black, MS. Sunday, February 1 9am – 6pm. \$140 soul investment includes lunch, snacks and Free Introduction session on Sunday, January 18 from 4pm – 5pm. Integrative Breathwork is a method of combining music, the breath, meditative states and symbolic artwork that takes you into a deeper strata of the unconscious mind. Space is limited, so RSVP to Leanne before January 25.

ONGOING COOL STUFF

The Inspiration Network of Cumming meets at the Nurturing Nook on the 1st and 3rd Wednesday each month from 8:45 – 10:00 am. This is a networking group of like-minded metaphysical businesses and healers who gather to discuss ways to bring different types of healing to the community. Attendance is free and no obligation is required. If you would like to find out more information, call Leanne at 678-965-5969.

Mind, Body and Spirit Happening – 2nd Friday of the month from 3:00 – 7:00 pm. A group of local practitioners of different healing arts will be available to talk about the type of healing they do and answer any questions you may have. It's a great chance for folks to sit down and discuss healing in a comfortable environment.

Happy Birthday to YOU!

Everyone gets a FREE Tarot Reading for their birthday! You don't have to come by on the actual date – we'll give you the week before and the week after to get by the store. Call Leanne to schedule your appointment and celebrate your Birthday with a glimpse into the future!

The Nurturing Nook has gift certificates available. They can be used for sessions in the massaging chairs or the hydrotherapy bed, card readings, and ANYTHING in the store. Getting some time in the massaging chairs is great for anyone.

COMMUNITY CORNER

Get to know your neighbors! Here's a few local small businesses you should know about:

The Premier Reiki Center

Reiki – A Light Touch Relaxation Technique. Charlotte G. Evers, founder and owner, is a Usui and Karuna Reiki Master teacher. The Center is dedicated to teaching all levels of Usui and Karuna Reiki. Students are given the knowledge and hands-on experience to perform at exceptional levels. Charlotte also facilitates "reiki share" groups where the general public can experience this healing modality from a seasoned practitioner. For more info, email Charlotte at reikihealing@bellsouth.net.

Pair of Guys Movers

Local and statewide, residential and commercial moving. Licensed and insured, these guys are the best. Put money back into the community by using local folks. Check them out on the Internet at www.pairofguys.com.

If you would like to promote your business in our newsletter, contact The Nurturing Nook for details.

Contact Leanne or Julie at the store with any questions. 678-965-5969 or email us at Leanne@nurturingnook.net or Julie@nurturingnook.net. Thank you and Namaste`!

*The Nurturing Nook – 2599 Freedom Pkwy.,
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