



Dear Clients, Friends and Colleagues,

Life in America has certainly been interesting since the New Year came in! Hope you are all doing well. In my tiny world, I believe all the computer glitches are fixed and I am pleased to be able to send newsletters once again. I am very excited to let you know about [my newest offering](#).

You can spend a day or a weekend increasing your sense of beauty, peace and joy at the beautiful [Bridge Between the Worlds Retreat Center](#) just 20 minutes east of Charlottesville.

I hope to see you there!

Gentle blessings,

*Lindy*



**DNA Activation**  
**Saturday June 27**

The perfect antidote to these challenging times makes you feel amazing. It protects against the effects of stress by restoring the divine blueprint of perfection.

**Produce healthy brainwaves**  
**Activate archetypal chromosomes**  
**Develop your best potential**  
**Maintain robust health**

”I have experienced first hand Lindy’s wonderful ability to teach. She shares her vast knowledge on many topics by condensing the material and making the information understandable to the layperson.”

**JoAnn M. Christy, C.M.T.**



**Chakra Qigong**  
**Sunday, June 28**

You will feel yourself vibrating as you increase the spin and power of your Chakras to create a healthy body, mental clarity and a happy soul.

**Infuse the Four Elements**  
**Attune the Five Spirits**  
**Spin the Seven Chakras**  
**Imprint the Eight Directions**

”Thank you so much, dear Lindy, for all I learned in those precious days.”

**Catherine Finn**