

Are you challenged?
Overwhelmed? Ashamed?
Don't know where to start?
Or how to release, declutter,
organize & beautify...all that
has accumulated and no longer
supports or reflects YOU?



ARE YOU ARE READY FOR
A FRESH START?

A BEAUTIFUL HEALTHY HOME?
AN INSPIRING KITCHEN?
A RESTORATIVE BEDROOM?

Your home is an outer manifestation & reflection of your inner spaces. Beautiful Necessity is designed to co-create healthy soulful spaces within & all around you, empowering you towards optimum health. Through divine design, what is healthy for you, your body & your home is also healthy for the earth and all life. ARE YOU READY TO COLLABORATE?

"HEALTHY HOME, HEALTHY
YOU, HEALTHY EARTH"

SATURDAY MORNINGS, 10 to NOON
February 18, 25 & March 3, 2012
Lightsmith, 559 Humboldt Avenue, Saint Paul



Through a REFLECTIVE ILLUMINATING QUESTIONNAIRE emailed to you, you take the time to clarify your heart's desires and connect with your deepest dreams for your optimum home.

Part of each class, BEAUTIFUL NECESSITY ALIGNMENT is a relaxing guided inner tour that aligns your soulful desires, the wise healer within you, your home and the earth. You connect with conscious energy within and around and realize what is enhancing and diminishing your dreams, your health and your life. Beautiful Necessity Alignment is designed for sustainable health. HEALTH COACHING then empowers you with the tools, tips and steps towards realizing your dreams.



FEB. 18: CLAIM & ALIGN WITH YOUR HEALTHIEST HOME (current or desired). Connect to the land, nature and your home as collaborators, meet your home's spirit guardian(s), discover your home's heart/energy core as sacred space, clarify and step towards living your grandest vision for your radiant health, home and life.

FEB. 25: DISCOVER YOUR PERSONAL HAVEN. Restore your bedroom to sacred space for essential restful sleep, deep dreams and intimacy. Each gathering includes time to share our discoveries and challenges in blossoming towards healthy soulful spaces.

MARCH 3: CREATE YOUR INSPIRING KITCHEN brimming with fresh choices. Explore your physical/emotional triggers, body/earth toxins, optimum weight, earth-friendly foods that your body hungers for and more. We can change the world one bite at a time!

\$55/session \$150/series. Each gathering includes collaborative coaching towards prioritizing your inspired next steps and supportive handouts. Series participants receive a complimentary follow-up coaching call to keep you creatively flowing forward with ease, grace and enjoyment. Call or email one week ahead to register and receive your questionnaire.

*Health coaching for you, your home and the earth
Research and writing for healthy sustainable life*



*Beautiful
Necessity*

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NEW!! HEALTHY KITCHEN CO-LAB-ORATIONS: Gather five or more in your kitchen for one of my **FRESH & LOCAL** seasonal demos and explore easy economical healthy eating. **YOU** receive **FREE** personalized healthy kitchen coaching as you inspire and enjoy your favorite friends. Your kitchen gets organized, fresher, healthier & inspiring!

With loving non-judgmental support at your pace, I also offer coaching, clutter release, organizing and beautifying in your home, working with you or solo. I can keep you flowing forward towards optimum health with phone coaching, energy healing, alignment and accountability sessions. Call me for a free 30-minute exploratory session!

Loris Sofia Gregory & Beautiful Necessity are deep alchemy of holistic Health Coach Training, Lightsmith, Spring Forest Qigong, shamanism, Jungian therapy, dream and soul work. I have been consciously creating a healthy intuitive relationship with myself, my home, nature and faeries, ancestors, earth and star beings for the past decade plus. I look forward to our healthy innovative collaborations for a new earth and radiant living! Explore more at lorissofiagregory.com.