



August Greetings

WWW.DEBENDRES.COM

AUGUST 2017

Debbie Endres

Awesome
Massages

Ladies:

4 - 30 Minute
Massages

4 - Weeks in Row:

\$100



218-831-2729

THE ART OF
BEING

Franklin Arts Center

The Gathering Place

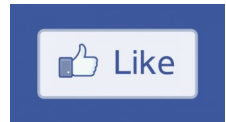
1001 Kingwood St

Suite 124

Brainerd, MN

218-831-2729

Count-Down Begins!



Mid-September, I will be leaving on a trip of a life-time to Nepal. My sister, Kyung, is currently working in Kathmandu, and is gifting this adventure to me. It's so far out of my realm of familiarity - I decided ... I was not going to over-whelm myself with particulars. I'm packing essentials, (her boyfriend, William, has provided that list) and an open heart.

What am I most excited about?

- Being with Kyung and William. Seeing the work she has immersed herself in, going out in the bush with her and spending time with her colleagues.
- Meeting the people of Nepal. Nepalese are welcoming and friendly people. Language will not be an issue, many are familiar with English - whew! Shopping local markets. Moderate hiking and exploring ... altitude is higher than I'm used to.
- Being in an incredible, ancient vortex of Spirituality. Religious tolerance and mutual respect allow Hindus, Buddhists, Muslims, and others to live together in peace. Doesn't that sound lovely?



I will see clients until September 13 and will resume when I get home in mid-October.

Be sure to check out the Brainerd Lakes Holistic Expo out at Cragun's, September 9th. I'll be there & also giving a free talk on the ***Wisdom of Women ...***

Namaste!

Blessings and Love,

~ Debbie

Brainerd Lakes Holistic Community Presents:

Fall
mindbodyspirit EXPO



Saturday, Sept. 9th
10:00am - 5:00pm
Cragun's Resort
Only \$5 Admission

- A Variety of Holistic Vendors
- Free Wellness Seminars
- Fun Interactive Workshops
- Great Giveaways!

Watch our website and facebook page for details!

WWW.BRAINERDHOLISTIC.COM