



Hello

I am delighted that you will be joining me for the week at Omega where I will be sharing with you the healing practices that I have been using for the past 35 years. I have been working with both Ayurvedic and Traditional Chinese Medicine healing techniques all of my life and used these applications while studying allopathic models throughout my doctoral training.

You don't have to wait until September for our retreat to begin. You can start right now:

- 1) Listen to my audio, **The Vital Energy Program** from Sounds True. It is available online at www.soundstrue.com. This audio provides the theoretical framework that I use in my healing regimens. Included are some exercises.
- 2) Keep a journal for 40 days of what and when you eat and note your feelings and thoughts at the end of each day. This will be for your own use only when we discuss the subtle influences of food on mood.
- 3) Read my book, *The Yoga of Mind, Medicine and Healing* which will be available on my website www.DrSusanTaylor.com after June 2014. There will be 12 lessons with many practices to help you get started on your path toward feeling good.
- 4) I am of the belief that it is never too late to have a healthy and happy life. Since this retreat is 5 days, bring the props – yoga mat, meditation cushion or bench, shawl and wear comfortable clothing.

I look forward to our time together.

See you at Omega!

Wishing you the best health ever,

Susan

Medical Disclaimer:

This retreat is for educational purposes only and is not designed to address medical conditions. If you are under a physician's care for any particular treatment or are taking any prescription, we recommend consulting your physician before changing any diet practices. If you are under a physician's care for digestive disorders, we recommend waiting to do any dietary suggestions until your treatment program is complete.