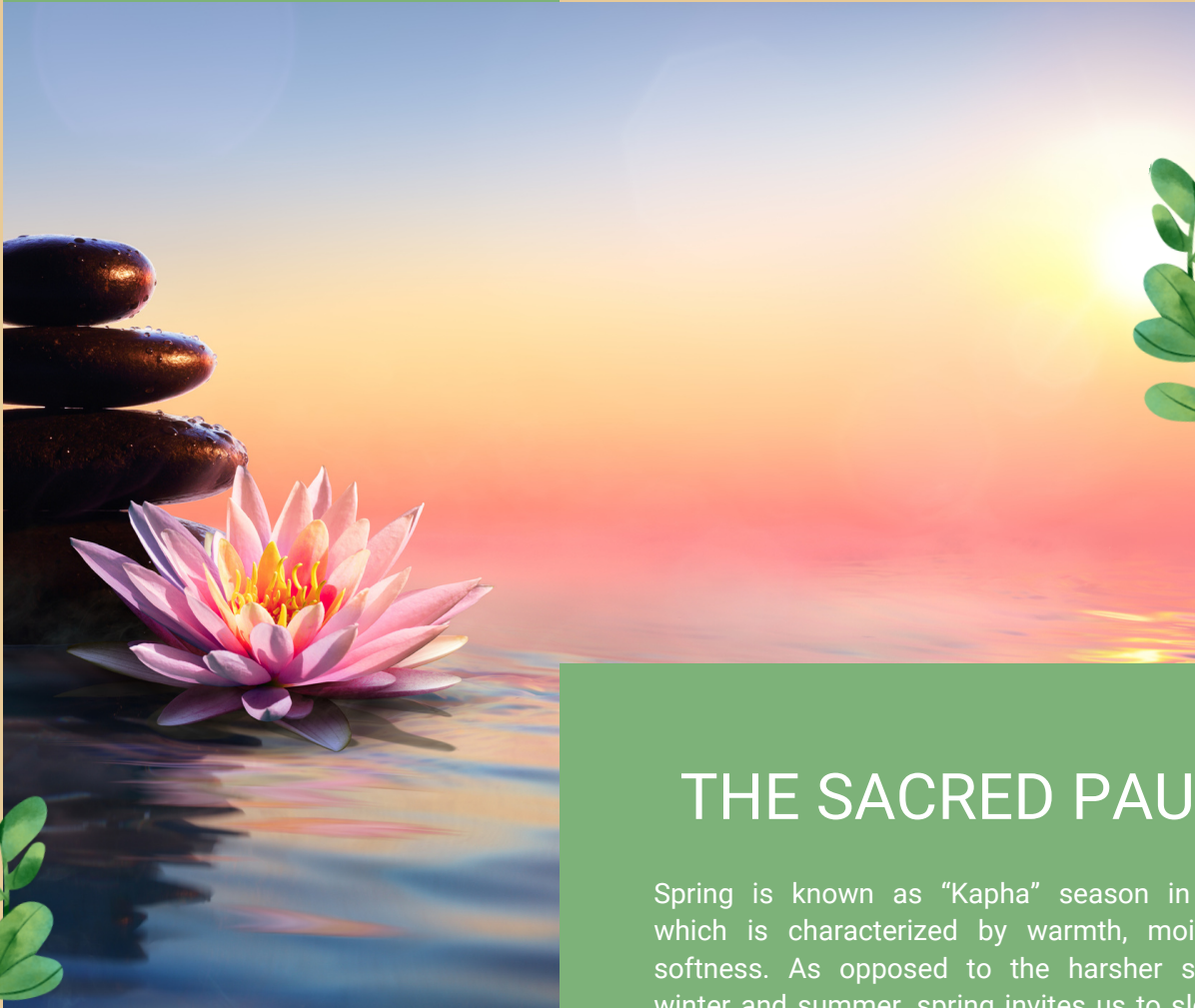




# Spring Happenings

# A SPOT OF SERENITY



## THE SACRED PAUSE

Spring is known as “Kapha” season in Ayurveda, which is characterized by warmth, moisture, and softness. As opposed to the harsher seasons of winter and summer, spring invites us to slowly warm up and unfurl from the inside out. It’s a beautiful time to explore “The Power of the Pause.” I’ll be offering a free workshop on this topic via Zoom on 4/20 @ 4pm. Message me to save your spot--and be sure to check out page 2 for the details on my latest creation! Wishing you Peace and Wellness,  
~Abby

Contact Abby:

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spotofserenity.com

*"The **pause** is as important as the note."  
~Truman Fisher*





# THE POWER OF THE PAUSE: LEARNING TO LEAN INTO SACRED REST

Check out [my latest blog post](#), where I explore the power and possibility held in stillness and rest. When we resist the tendency toward speed and urgency, we open up a portal of peace and potential.

PAUSE & BREATHE

## BLISSFUL BALANCE: ENERGY SCHOOL FOR THE SOUL

So excited to unveil my latest creation! I've put together a program that blends all the best techniques & tools that I offer into a comprehensive 6-month support circle. A 6-month "Blissful Balance" membership includes: (1) a weekly live workshop, (2) a weekly recorded meditation or wellness practice; (3) a monthly 1-1 session with me. Message Abby for details or to save your spot! I look forward to supporting and sharing with you :)

Contact Abby:  
919-749-5072  
[ampujaabby@gmail.com](mailto:ampujaabby@gmail.com)

### Our Address:

240 Running Deer Trail  
Pittsboro, NC 27312

*"Rest and be thankful."  
~William Wordsworth*

