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WOMEN
IN
RECOVERY



4th
WEDS
JAN-OCT

6:30pm
7:00pm

Refreshments and Fellowship
Programming

SPEAKER MEETING



July 26, 2017

Discover Your Element

Karen Larkin

At the heart of Traditional Chinese Medicine and Feng Shui is the Chinese Five Element Theory. These five life-forming elements are Water, Wood, Fire, Earth and Metal. It is believed that we all embody the essence of these elements through our personality, body type and coloring.

This presentation will help you discover your element(s) and how to dress yourself and design your space to reflect who you truly are. Is your element Water... the creative thinker, Wood... the competitive pioneer, Fire... the excitement seeker, Earth... the nurturing peacemaker, or Metal... the refined perfectionist?

When you align yourself with your element(s) you'll find that you look better, feel healthier and happier, are more at peace with yourself and have the confidence to share your unique gifts and talents with the world!

Karen Larkin is a degreed professional interior designer with certifications in both Western Feng Shui and Fashion Feng Shui. She has over 25 years experience in both commercial and residential venues where she incorporates eastern energy philosophies into her design.

"Can positive
changes to
your physical
space
manifest
in positive
changes to
your life?
Absolutely!"

The mission of Women in Recovery is to create a caring community that provides education, spiritual insight, and growth opportunities for women in all 12 Step recovery programs.

www.theretreat.org/women-in-recovery

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