



# ***The 5 Essential Steps for creating a THRIVING Natural-Holistic Lifestyle***

A FREE talk specifically for conscious and spiritual women!  
with Amy Solis from Sustainable Homemaking

**Amy Solis**

Master Herbalist  
Certified Health Specialist  
Certified Nutritional Consultant

**Sunday October 28, 2012  
3-4 PM  
Seaside Yoga Sanctuary**

Homemade goodies and refreshments served following talk  
**FREE sustainable homemaking discovery session** for the first 5 to register

*There are so many reasons to live a "Natural-Holistic Lifestyle" in the world we are living in today.*

*It may even seem like what we do in our homes on a day-to-day basis may not be enough to make any difference.*

*When in reality it is the decisions we act on within our home that provide an immediate and long-term effect.*



**Seaside Yoga Sanctuary**

1360 Fremont Blvd.  
Seaside, California 93955

**CALL TO REGISTER (831) 899-YOGA**

<http://www.seasideyogasanctuary.com/>

*Amy Herbalist*

amyherbalist.com

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HOMEMAKING**  
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MEALS ON THE TABLE

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