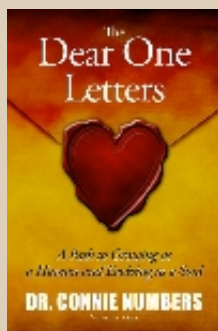




Dr. Connie Numbers, Psy.D, LCSW
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Monthly Inspirations Newsletter

June 2015



"... a powerful and empowering set of spiritual letters focusing on the Divine Spirit in all of us."

The Dear One Letters offers simple yet profound ways of communicating with ourselves on a deeper level, diminishing the worries we have in life and overcoming the fear of being the powerful Light that we are.

LEARN HOW TO experience joy and peace no matter what is happening in our lives.

EXPLORE WAYS to change our lives for the better.

START THE PROCESS of remembering who we really are.

Give yourself or someone you love a copy of my book! It's available on [Amazon](#), [Barnes & Noble](#) and [Apple](#) in both paperback and digital

Hello Dear Ones,

I was just thinking the other day of how much I need to play. Like so many of us, I work very hard and I love what I do. In fact, there is nothing I would rather do than live my life the way I am living it and doing what I love. However, **I realized there is something that's been missing in my life for the last couple of years, and that is making time to play.**

Ever since I've had a torn meniscus (knee) and haven't been able to play golf or go on any walking adventures, I've managed to do more sitting and finding pleasure through books and journaling. And that's been good and fine, but it's not really play. And I'm sure once my knee is replaced, I will be as good as new and can finally get back to doing more adventurous things in my life.

And as I was thinking of ways to include play in my life, it occurred to me that as adults, we kind of dismiss play as having any real relevance in our life. **We think of play as essential for children but not for us grown up kids.** Somewhere between childhood and adulthood we've stopped playing. We're more likely to get involved in our children's play or zone out in front of the TV. I know that I'm guilty of the latter.

But I've realized that with play comes pure joy. And it's a great way to relieve stress, as well as feel more youthful and energetic. **It's a way of connecting with others and increasing our health.** No wonder I've been missing play. I've been missing all of the above lately. So, I've made a commitment to myself to play. I've decided to **incorporate play in my life as an important facet of my health and well being.** I can play indoors by taking up a new hobby, (I've never really had one), and I can also get myself outside more especially after the knee surgery. So look out play, here I come ... YAY!

So wouldn't you know that as soon as I decided to make play a priority, guess what happened? A door opened to give me what I had been asking for. Yesterday, I received an invitation to speak in the Bahamas. Now, although that will include me doing some work, I intend to take a few more days off and *play!*

[The Sivananda Ashram Yoga Retreat - Paradise Island, Bahamas](#)

So, I am going to be taking a working *and* playing vacation in late **October in the Bahamas and wondered if you'd be interested in joining me.** I will be speaking at the Sivananda Ashram and Retreat Center on Paradise Island in the Bahamas as part of their unique [Yoga Vacation Program](#) (see below) from October 23-26. And yes, the

versions for Kindle, Nook and eBooks. It can also be purchased on my [web site](#) for \$15 using PayPal (includes shipping and handling).

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Atlantis resort is right down the road should you want to visit while you're in the Bahamas.

The Sivananda Resort is a gorgeous ashram **focused primarily on healing the whole person: body, mind, and spirit**. It uses such mediums as yoga, meditation, vegetarian meals, cleansing, balance, and incorporating ways to lead a happy and spiritual life.

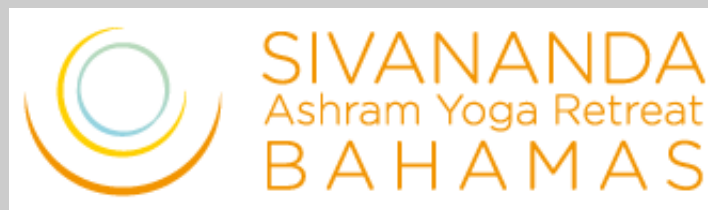
In fact, when I looked at their website, I found the following themes: Ayurveda, beginning yoga, creativity and sacred arts, **integrated health and healing**, chanting and sound, meditation, self discovery, science, spirituality and other similar topics.

If this is something you might be interested in, go to their website: www.sivanandabahamas.org and see for yourself how beautiful and serene this environment is. People from all around the world come to this resort because it's been named one of the best yoga retreats in the world. Wow!

I'm scheduled to speak for one hour on Friday and Saturday night as well as giving workshops on Saturday, Sunday, and Monday for one and a half hours each. So, if you're interested, please let me know. I'd love to see you there.

I send all of you my love and sweet blessings and I wish you lots of PLAY!

**Love,
Connie**



Yoga Vacation Program - Rest, Relax, and Recharge

The Yoga Vacation Program offers the perfect balance between activity and leisure time. Enjoy daily yoga classes and silent meditation sessions. Expand your horizons with mid-day workshops and inspiring evening talks. Treat yourself to a healing session or a private yoga class. Take quality time alone or connect with others.

Take a family yoga vacation. At any time of the year, you are welcome to come and enjoy a program rich with lectures by world-renowned speakers, daily yoga classes, delicious vegetarian meals, and plenty of time to relax in a tropical paradise. Choose from a variety of accommodation options to suit your personal needs while enjoying all the learning opportunities available at the ashram. During your stay with us, we invite you to discover how powerful the tools of yoga can be in your personal evolution, helping you to live in constant peace with yourself, humanity, and nature.

The Yoga Vacation Program offers you the ideal way to take a break from your everyday life.

Whether you are new to yoga or a well-established practitioner, a Yoga Vacation will help you quickly find your way back to balance. Come alone, with a friend, or bring the whole family. You'll return home more peaceful, energized and better able to joyfully carry on with your daily routine. For more information, [go here](#).

I invite you to join the conversation and contribute your ideas, thoughts or any comments you may have about the topics I bring up on my blog. Perhaps a personal story, your opinion or sharing your feelings may inspire someone to comment or encourage them to make changes in their lives.

Read my weekly blog post and comments: www.connienumbers/blog.html

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