

# SoulBodyMind Salons

**Learn**

**Overwhelm to Ease**

**Share**

**Confusion to Clarity**

**Grow**

**Transform**

**Idea to Action**

Discover practical ways to connect with your body's wisdom, cultivate mental clarity, and take actions toward your soul's true desires.

Four Tuesdays, 7:30pm to 9:30pm:

December 11—Your Body's Truth

January 15—Cultivating The Garden  
In Your Mind

February 12—The Art of Soul-Care

March 12— Listening With Your  
Whole SoulBodyMind

In Half Moon Bay.

Address provided when you RSVP by phone or email.

Donation-based.

Please contact me for more information.



Transformation is an act of healing the soul, the body, and the mind.

I combine these three realms into one word – SoulBodyMind – because I believe that when we impact one, we impact all.

Becoming fluent in the languages of *your own SoulBodyMind* will connect you with an *internal* guidance system that is always working for you.

In this SoulBodyMind Salon series, I invite you to join me in the spirit of generosity as I share stories and teach practical tools that will deepen your fluency in SoulBodyMind language. We will practice the tools together, and you will leave with the knowledge to bring this new literacy into your life.

Each session has a theme and will include access to further resources if you would like to learn more.

**Dr. Lisa Chu**

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**Dr. Lisa Chu, M.D.**, is a life coach, musician, sound healing artist, & founder of **The Music Within Us**.

Her intention is to provide support and encouragement for adults seeking to **live with more creativity and passion**, and to experience greater inner **peace, joy and freedom** in their lives. She draws from the art and disciplines of **yoga, sound healing, meditation, and music improvisation**, as well as the latest research on human behavior and performance. She completed life coach training with Martha Beck, Gail Larsen's Real Speaking, and California Institute of Integral Studies' Certificate in Sound Voice and Music Healing. She studied classical piano and violin from the age of three, has an A.B. *magna cum laude* in Biochemical Sciences from Harvard College, and an M.D. from the University of Michigan Medical School.

She is co-creator of the acoustic rock duo **Chinese Melodrama**, and lives in Half Moon Bay, California.

Visit <http://themusicwithinus.com> to learn more.