



## In Gratitude: April 2023

***“She dances with the spirit of the Sun. Loves with the strength of wild Water. Moves with the moods of the Moon. And creates with the wills of the Wind. She is Magic, She is Woman.” ~ Brooke Hampton ~***

April is a soul aligning month, with our hearts guiding us towards what is uniquely true for us and our path, while showing us what is not. In April we are opening the door to our first Eclipse Season of this year. April is an 11 month in numerology holding the gifts of inspiration, alignment, purpose, and the invitation to connect with the Divine. The solar eclipse will be on April 19<sup>th</sup>. Solar eclipses bring change, rebirth, new beginnings and unexpected opportunities. ARE YOU READY? I sure am!

As you are aware, Calming Waters just took a Renewal Break. It is so important to allow yourself to have breaks on a regular basis. Renewal breaks do not always have to look like big trips. It can literally be that 20 minutes a day you step outside, ground in and breathe in the fresh air. This Renewal break was a celebratory trip with another couple. We gave gratitude every day and we incorporated unique experiences each day. I am grateful I was able to share and experience during this time. I want to share with you a practice I incorporated while on this trip. On the Calming Waters facebook page, you may have seen the short video I took. My wish for you is to try this transforming healing practice.



### Transforming Healing Practice:

Place your hands in the sand/soil to feel **grounded**.

Wade in the water to feel **emotionally healed**.

Fill your lungs with the fresh air to feel **mentally clear**.

Raise your face to the heat of the sun and connect with the fire within.

**You have now stepped into your power.**

## Sacred Collaborations:

**Serenity Now Retreats:** We have solidified our content and have launched our next set of retreats:

The **Reboot & Restore Women's Retreat** will be offered on two separate dates: **April 22<sup>nd</sup> and May 20<sup>th</sup>**. These are one day retreats from 10 am to 8pm and both will be held at Flowing Rivers Sanctuary in Elk River, MN. The retreat cost is \$199.

**The early bird rate of \$179 ends April 10<sup>th</sup>.**



Create a new version of yourself and restore your mind, body and soul with classes and activities that energize and rebalance the whole body, from head to toe. Our focus will be on teaching you about simple bio-hacks you can learn to add to your everyday life to clear out any emotional or physical stagnation in the body. Experience seasonal cleansing techniques, sauna, nature grounding excursions, fascial maneuver movements and qi gong. Our brains go right to spring cleaning this time of year and our bodies need support in this area as well. Ticket includes "high vibing" organic lunch, dinner, and beverage bar.

Reserve your spot and take advantage of Early bird pricing here: <https://www.serenity-now-wellness.com/retreats>

## Featured Product Line: BIOREIGNS

All through March BioReigns had many of us nervous as they were moving inventory with huge sales. I am thrilled to announce the **NEW** line-up of supporting products. **YES, they are better.** Each product has a new formulation and our Gummy products in particular are all natural and free of artificial dyes. You can find each of the ingredient listing sheets on the website.

For a short time, they are offering a New Products Pack Deal. Grab yours here: <https://bioreigns.com/shop/calmingwaters>

### New Products Pack Deal!

To celebrate the launch of our newest products, we've created a special pack featuring the new Limitless, Defense & Sleep Gummies for just \$99.00!

Pack Price Valid through April 10th 2023 @ 11:59pst.



BioReigns is my family's personal choice for supplements. It is the rapidCell Technology that allows for the highest bioavailability of products. If you find you are using BioReigns products on a regular basis, you should become an affiliate. There is no cost to join and there are NO MONTHLY MINIMUMS. Being an affiliate guarantees you 10% discount on all orders. If there is a sale, then you will get your 10% plus whatever the sale is. *I am all about getting people the best products at the best price.* If you are interested in this, please reach out to me and I will help you with the short process.

Check out a couple of the NEW products:  
BioDefense tincture has been replaced with the Defense Gummy.

bioReigns

# The Defense Gummy

*better immune support*

Your new favorite way to boost your immune system! Packed with a powerhouse of immune boosting ingredients like Vitamin D, EGCG, 1,3B D-Glucan, Quercetin & Curcumin, delivered with rapidCell Technology for optimal cellular absorption. Now formulated with a new all-natural gummy free from artificial dyes and ingredients .



Sleep tincture has been replaced with the Sleep Gummy.

bioReigns

# The Sleep Gummy

*better sleep cycles*

Formulated with a synergistic blend of sleep inducing properties like GABA, Melatonin, Myrcene and Theanine, this new sleep gummy will have you falling asleep faster, staying asleep longer and waking up more rested. Now formulated with a new all-natural gummy free from artificial dyes and ingredients. Delivered with rapidCell Technology for optimal cellular absorption.



Limitless was out of stock and I know that caused many stress!!! **Well it is back** – reformulated with better energy and better focus. It is still your favorite nootropic formula providing support for brain function, now reformulated with NAD+ for optimal benefits to improve energy, clarity and focus. Delivered with rapidCell Technology for optimal cellular absorption. I hope you take advantage of the New Products Pack Deal. **It is only available through April 10<sup>th</sup>.**

Grab yours here: <https://bioreigns.com/shop/calmingwaters>

Happy Spring. Try that Transformational Healing Practice. Do it often and let me know what you think. We appreciate you and hope to see you at one of our retreats soon!

Tracy Langheinrich; Grateful Healer, RTS, ERS; Founder -Calming Waters Wellness Center

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**At Calming Waters your wellness matters. We believe you and your pets matter.**