



In Gratitude: February 2023

“My setbacks have given me the opportunity to learn and grow. I accept and look forward to an abundant journey ahead.” Affirmation

There has been a sacred energy guiding me. I have been attracting and manifesting who and what elevates me, nourishes me and inspires me to vibrate higher every day.

Today, February 18th the sun moves from Aquarius and into Pisces, where it will remain until March 20th. We can feel the shift in frequencies as the Sun journeys through each sign. Pisces, a water sign relating to the etheric, spiritual, and mystical realms, is the dreamer and the intuitive. This season is an invitation to dissolve any and all barriers that stand between you and Life. It is an invitation to open the heart, allow in love, beauty, art, sound, healing, energy, prayer, forgiveness and receptivity.

Calming Waters has many opportunities for you. The words Sacred Collaboration keeps coming up. As I have stated before, I have access to some pretty special people. All amazing at what they do and offer. As I move through my own growth within Calming Waters, it has become clear that I am to connect those that want to heal to the appropriate healers. I feel so blessed that I can do that for you.

sa-cred
Regarded with great Respect. Inspires Awe or Reverence.

col-lab-o-ration
Enables individuals to work together to achieve a common purpose.

**CALMING WATERS
WELLNESS CENTER**

I have also been investing in me- so that I can be of greater help to you. Through my work with Human Design, my unique energetic blueprint has me as a Manifesting Generator and I am stepping into my gift as a master facilitator. So much more to share with you all! I cannot wait to offer you a glimpse into your energetic blueprint and aid you in living your best authentic life. Are you ready? I AM SO READY! It is time. Time to invest in YOU. Set aside what ever it takes to give you, your very own renewal! You are so worth it!

Sacred Collaborations:

Community ReBoot Class: February 26th 10 am Cost is \$20

I was introduced to a new company called Human Garage. I have participated in several sessions and I am loving the results. Movement through breathwork and specific poses to release deep seated trauma and emotions in our fascia.

"We need movement in our life to move forward and have flow. Our fascia needs to open up and breathe so that the mind and body can be free. The fascia is how we constantly adapt to the world we live in. Fascia integrates feelings, emotions, and kinetic information about our world." J. Klein

Calming Waters is co-hosting an introductory event on February 26th. We would love to have you join us. This event is co-ed and the location is in Waconia. Space is limited, secure your spot here: <https://serenity-now-wellness-llc.square.site/classes>

Soulful Serenity Women's Retreat: March 4th

Soulful Serenity Retreat is a journey of self-healing for Women. Located at Flowing Waters Sanctuary in Elk River, we will spend the day providing you with tools to transform your life and create your own healing within. You will Discover your energetic blueprint for an aligned life and the importance of self-care. We will explore biohacking tools like meditation and thermotherapy with sauna and snow; Nature and are therapy, Fascial maneuvers; Energy, Light and sound Therapies.

See the attached flier. This is an all-day event starting at 9am and ending at 9pm. **Early bird pricing of \$299 ends on 2-20. Regular pricing is \$333.** Space is limited, secure your spot here: : <https://serenity-now-wellness-llc.square.site/classes>

Current Promotions:

bioreigns:

bio continues to have out of this world promotions. Currently, you can still order the limited edition Valentines Gummies at \$49.99 while supplies last. They have just announced that they are creating space for something new! Now through February 26th, select products are ONLY \$30! Get your Balance (reg. 99.99); VitalIQ tinctures (Reg. 89.99) and Defense tincture (Reg 89.99) for ONLY \$30 each. WOWSA! <https://bioreigns.com/shop/calmingwaters>

nikken:

Between January 1, - March 31, 2023, if you purchase a PiMag Waterfall, Kenko Air Purifier or any Sleep Pack you will also receive a full size complimentary Kenzen Nutritional. Please reach out to me regarding Nikken, I can send you a preferred link that will save you an additional 10% on select products to create a wellness home. The link has a time limit, so I will generate it special for you.



Water

PiMag Water® Water Technology begins with a high-tech, multiple-stage filtration system based on natural materials to clean water without chemicals. Nikken adds magnetic technology and ceramic elements that impart minerals to produce pi water. The result is a water system that is more environmentally sound, more energy efficient and more practical than commercially bottled water or other higher priced water systems.

Between January 1, - March 31, 2023, with every purchase of a PiMag Waterfall you will receive a full size Kenzen Immunity (60 Capsules #1512 / #1368)

Check out these special OFFERS here:
<https://www.nikken.com/na/calmingwaters>



young living essential oils:

I have been featuring many young living products on my facebook page. I continue to be impressed with the entire line and find myself reaching for their products multiple times a day. I have many products on hand and will be announcing a Customer Appreciation sale soon. Just reach out to me for your specific young living needs.

my pet matrix: Do you know what Monday, February 20th is? **It is National Pet Day!** It also happens to be the day we are formally launching the PetMatrix brand. The team has been working for over a year to get to this special day.



Science is one of our key ingredients. We think that's only natural. At Pet Matrix, we're applying human pharmaceutical technology to pet supplements because we believe to be good enough for dogs, it should be good enough for us. After all, we're both mammals. Look for the formal press release on Monday and please visit us at www.petmatrix.com!

inspiration: Come check out **Calming Waters Wellness** in Victoria, MN! I am taking appointments for Raindrop Technique and Emotional Release sessions. You can book your sessions with me by calling me or texting me at 952-913-7086. Raindrop Technique® uses therapeutic-grade essential oils to restore balance to your body and release toxins. The technique uses gentle slow strokes by applying essential oils first on your feet and then on your back. Raindrop Technique has been known to increase the immune system, relieve back issues, and to create balance and harmony in the body - physically, mentally, and emotionally. Raindrop Technique is also an effective detoxification and can assist you in eliminating symptoms associated with cold and flu and other common conditions.

This appointment is typically 75 minutes long and normally the cost is \$150.00. **In celebration of my new space, I am offering this service for \$122. Purchase a Gift Certificate or book your appointment now! You can also purchase a package of 3 for \$333.**

Yep, we have been busy preparing for a great season of services, events and specialty products for you. At the end of the day, my hope is you invest in you. YOU are worth it. *"It is an invitation to open the heart, allow in love, beauty, art, sound, healing, energy, prayer, forgiveness and receptivity."* We hope you take us up on that and we look forward to seeing you soon. Please share with your friends and let's enjoy this journey together!

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.