

# TLC Services

*Everyone needs a little TLC*

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## PRODUCT LIST

### *How to be Soul Strong E-book:*



I started my own coaching program because I knew it changed my life and could change yours too. If you want to get on track and discover your success, go see <http://www.howtobesoulstrong.com>

It's magic!

For information on the free e-mentoring course or how to get your copy instantly today visit: <http://www.howtobesoulstrong.com>

PS. You get four free e-books too! Access all 5 books for only \$26.00!

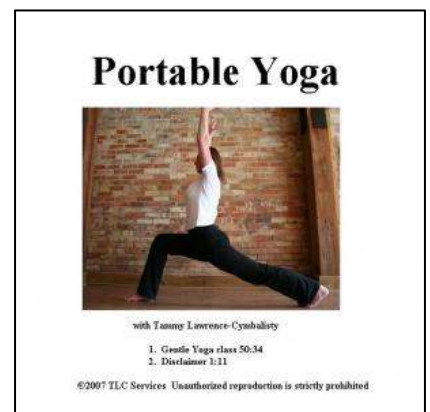
### *Portable Yoga Class:*

Calling all Yogi's and Yogini's this gentle Kripalu yoga class is presented by Tammy Lawrence-Cymbalistry.

Cover photography by Daniel C. Hebert:  
[blacksheepphotoworks@gmail.com](mailto:blacksheepphotoworks@gmail.com)

Call (519) 650-3560 to order or order online at  
<https://www.youpublish.com/tlc>

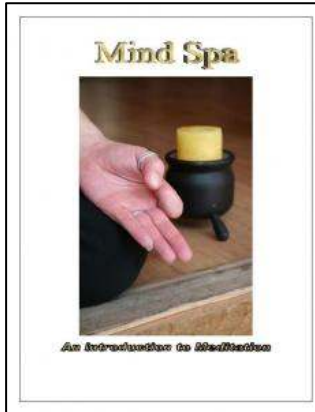
Cost: \$15.00 online as an .mp3 or \$ 16.20 (tx included) for the CD



## *Mind Spa E-book:*

Author: Tammy Lawrence-Cymbalissy

Photography by: Daniel Hebert [blacksheepphotoworks@gmail.com](mailto:blacksheepphotoworks@gmail.com)



This e-book explains meditation and offers you several meditations to help you learn to listen to your intuitive voice. Jack Canfield, co-author of *Chicken Soup for the Soul* recently stated,

“You need to have a Vision + Belief. Put out the vibrational frequency to the universe. Which will lead to Harmonic Resonance; meaning you’ll attract people, resources and strategies into your life. Then using Intuitive awareness along with action will lead to results.” Jack suggests yoga or meditation to, “slow your vibration down so you can hear it.”

Eckhart Tolle’s *New Earth* encourages present moment awareness. Being present takes practice. Allow *Mind Spa* to guide you toward a new level of consciousness.

*Mind Spa* will teach you simple techniques to reflect daily. And the best part is it only takes 10 minutes a day or less!

You can receive this e-book free at <http://www.howtobesoulstrong.com> or by visiting <http://www.youpublish.com/tlc> Sale Price: \$4.95 (Regular: \$19.95)

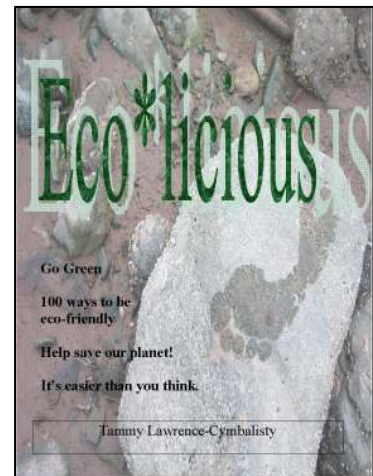
## *Eco\*licious:*

The planet is in crisis. From all of the information out there we know it is imperative we begin to take better care of our planet by changing our behaviors.

Although we may not be able to save the planet alone, collectively we can bring about great change.

*Eco\*licious* fosters 100 ways to be eco-friendly. It really is easier than you think.

Learn how...one friend gets the help of goldfish to be more eco-friendly, save money on your food bill, spend less time at the gas station and save on fueling costs, save money on children’s



Clothing, receive a printable Eco\*licious certificate and learn how to create an eco-friendly heirloom that will last for generations to come!

It's not only eco-friendly; its Eco\*licious!

Drop by <http://www.reikandyoga.com> today to discover how you can gain access to this e-book instantly. Cost: \$ 12.50

## *Mindful Melody Meditation CD:*

Vol. 1 is a nice way enhance or to begin any meditation practice.

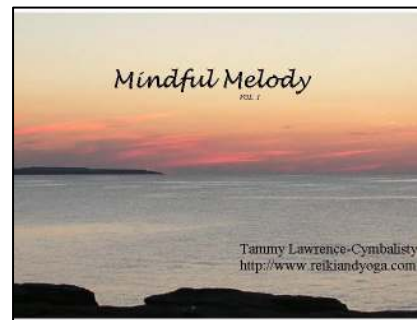
The CD features 3 meditations:

Breathing Meditation 7:58

Progressive Relaxation 12:48

Island Getaway 12:32

Contact Tammy at (519) 650-3560 or order at [www.reikandyoga.com](http://www.reikandyoga.com) \$ 16.20 tax included or visit [www.youpublish.com/tlc](http://www.youpublish.com/tlc) for the .mp3 copy



The following accepted for products purchased online:



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