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**Sent:** Wednesday, May 4, 2016 8:59 PM  
**To:** jeevacation@gmail.com  
**Subject:** 24/7 Plugged-in-ness

Slow Down. Sync In.

Stress is so endemic in our urban culture that we are almost unaware of it=2E Our 24/7 plugged-in-ness is causing havoc on our natural ecosystems as h=man beings and having a debilitating effect on our wellbeing. &nbs=;

Sherry Turkle, a Social Studies professor at MIT, talks about us exper=encing what she describes as "alone togetherness." That i= spite of all of our interconnectivity, we've actually never be=n so far from Self. Whereby we are constantly in a push-pull effect with=no time to slow down, reboot and reflect on what's really impor=ant to us.

Sacred Space NY offers you an invitation to tune inwards. Whether during a=ssession in the healing pod or one of our hosted sessions with our wellnes= partners, each experience is an opportunity for you to connect to your=authentic self, re-set and experience a new State of Grace.

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Relieve the strain of everyday life in the city with one of ou= Healing Body work sessions  
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Our White Space guided meditation will h=lp clear your mind of unwanted anxiety and stress.

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