
THE DAILY SPARK

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MIND, BODY AND SOUL



WHAT'S NEW

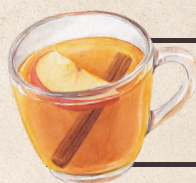
A SPARK OF LIGHT IN YOUR DAILY LIFE

SEPTEMBER VIBES

September brings a special kind of energy: crisp mornings, golden afternoons, and the gentle shift from summer ease into autumn rhythm. September is also a perfect time to reset routines: organize calendars, create a fall reading list, set gentle goals, and make room for slower, more intentional days.



September is a wonderful time to visit parks, enjoy hiking trails, and notice the small seasonal details all around. This time of year, invites us to slow down, reset and appreciate the outdoors.



“APPLE CIDER
SEASON IS HERE”