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Sigrid Olsen's Om For The Holidays Inspires Healthy Living Wish List

Sarasota, Fl., Dec 2, 2014 — 'Tis the season to discover your Om. For American fashion designer, Sigrid Olsen, Om resonates profoundly, imparting deeper focus, serenity, wisdom, and happiness. Sigrid offers her three favorite ways to refresh body, mind and spirit with this *Creative Well-being Wish List* for the Holidays:

1. UNLEASH YOUR CREATIVE SPIRIT.

Rejuvenate, relax and reinvent this New Year. Mix exhilarating cultural travel with art, yoga, and self-discovery. Reserve now for Sigrid's upcoming Creative Well-being Retreat in Santorini next September. Entice a friend, a colleague, a sister, a daughter, or relish just going solo. Reserve by January 15, 2015 to receive a significant early bird savings. Click here to learn more and sign up:

<http://www.sigridolsenart.com/collections/sigrid-olsen-creative-wellbeing-retreats>.

2. NOURISH YOUR BODY.

Discover ways to cleanse, energize and envision a new you from the inside out. Forget diets, ignore the scale. Reconnect with your inner beauty and ignite a new regime to balance with wholesome eating and jump start your day. Go green! ... think green tea, green smoothies, or fresh green juices. For Sigrid's delicious and easy green recipes click here: <http://www.sigridolsenart.com/pages/go-green>.

3. DISCOVER MINDFULNESS AT WORK.

Practice setting a positive intention to increase focus, balance and calm. Take a quiet moment of meditation as a daily work break. Breathe. Listen. Embrace the spirit of Om. Discover ways to make your work about your life ... not your life about your work. To download Sigrid's beautiful mantras created especially as desktop reminders click to: <http://www.sigridolsenart.com/pages/mantras>.

Sigrid Olsen's vision for her business, New Designs for Living™, embraces the power of OM and in essence, supports the spirit of creative well-being with a mission to connect healthy living through mindful designs, beautiful products and holistic experiences. These comprise her diversified brand platform and folio of work to include Sigrid's Creative Well-Being international retreats, an original art studio, and diverse business licensing partnerships spanning many categories. Sigrid seeks collaborations, in particular, from fashion to home design and décor, to personal care, eyewear, yoga-active wear, paperie and publishing. (Official announcement of new partnerships remain under wraps at this writing but are slated to announce in early 2015.) Sigrid works internationally and bases her design studio and business from Sarasota, Florida. For more information, visit: www.sigridolsenart.com.

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