

Welcome to the 1st UBU Today Tribe Vibe



May 2016 News & Updates

UBU Today's Tribe Vibe will be your central point of information for all things going on at UBU Today.

After many long days and sleepless nights, we have finally launched [UBU Today's website](#). Come visit UBU Today's site to learn more about what we do and who we are or read below to check out what's going on this month at [UBU Today](#).

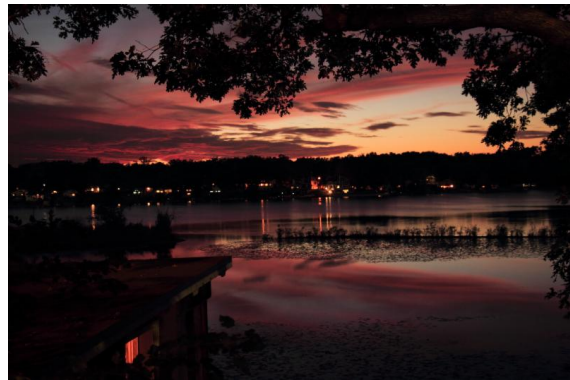
Pay It Forward

VISIT UBU TODAY

Who is UBU Today?

UBU Today's mission and vision is to increase awareness, educate and offer nontraditional and holistic avenues to restore vitality and manage autoimmune diseases in the United States.

UBU Today is committed to promoting, educating and offering modalities as a springboard for renewed hope, healing and vitality. These modalities incorporate breathwork, therapeutic touch and sound, energetic bodywork and meditation.



Investigation Discovery House of Horrors: Kidnapped Countdown to Air



Watch UBU Today's Founder, Wendy "Jo" Morrison's, Story Unveil

Airing tonight, **May 5th at 10PM EST** on Investigation Discovery, Wendy "Jo" Morrison reveals her horrifying kidnapping story. When she was just 19 years old, Wendy plans to see friends after her shift at the local diner, but she is kidnapped at gunpoint along the way. Forced to endure hours of brutal torture, Wendy must think quickly to save her life. Watch tonight to hear her story.

[Learn when the show airs in your neighborhood](#)

House of Horrors: Kidnapped S03E11

Overview
Upcoming Times
Episode Guide
Watch Online

House of Horrors: Kidnapped : My Sister's Keeper

NEW
S03E11 (First Aired: May 5, 2016)

Nineteen-year-old Wendy Morrison plans to see friends after her shift at the local diner, but she is kidnapped at gunpoint on the way and endures hours of torture.

Cast: Ben-Patrick Johnson
TV-14 (D, L, V, S)

Watch *My Sister's Keeper* on TV

Day	Time	ID	CC	Rebroadcast
Thu 5/5	10:00pm-10:30pm		CC	Rebroadcast to TV14
Fri 5/6	1:00am-1:30am	ID	CC	Rebroadcast to TV14
Sat 5/7	1:00pm-1:30pm	ID	CC	Rebroadcast to TV14

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Join UBU Today at our Upcoming Events

All-Inclusive Biodynamic Breath Workshop

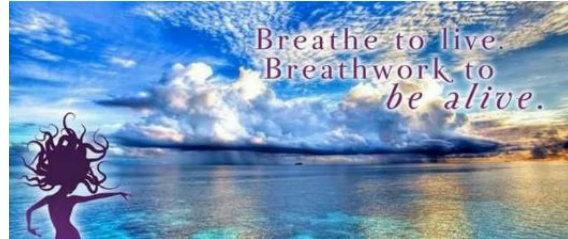
June 9-14, 2016

Immersion in Breath, Movement & Meditation: A Way To An Open Heart!

What is Biodynamic Breath?

BioDynamic Breath & Trauma Release is built on a new approach to trauma release utilizing breath, conscious movement, sound, touch, and non-cathartic emotional release techniques as its foundation.

For more information, email us at wendy@ubutoday.com

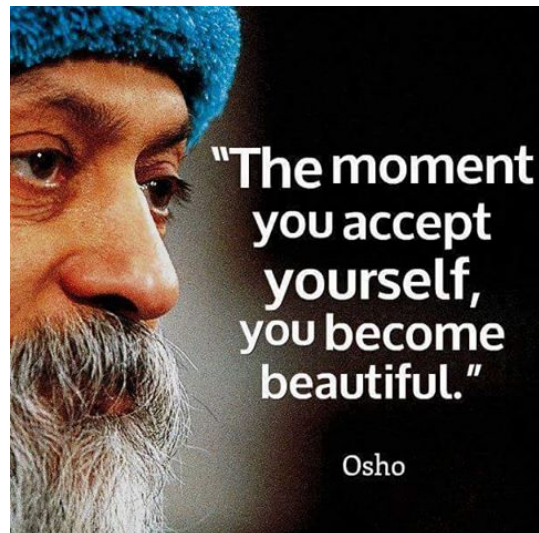


[View Our Calendar](#)

SURROUND YOURSELF WITH



THOSE ON THE SAME MISSION AS YOU



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