

“The best gift you are ever going to give someone – “The permission to feel safe in their own skin, to feel worthy, to feel like they are enough”. Author unknown.



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## 1. CONSCIOUS BREATH = POWERFUL HEALING PRACTICE

STRESS 

Cortisol/Adrenaline

impedes

IMMUNE FUNCTION 

Health

## 2. MEDITATION & MINDFULNESS PRACTICE

AWARENESS

THE ART OF KNOWING ONESELF

HEALING & PEACE

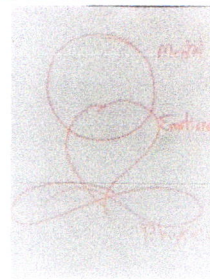
## 3. BLOCKS & OBSTACLES - BELIEFS, DESIRES, BEHAVIORS

MENTAL, EMOTIONAL, PHYSICAL

MIND, HEART, BODY

FROM WHERE ARE WE REACTING?

TO WHAT ARE WE REACTING?



## 4. MAKING CHANGE EASIER – NEW NEURAL PATHWAYS

HABITUAL THOUGHTS, EMOTIONS, BEHAVIORS

NEW HABITS – NEW REACTIONS