



Relax your mind and feel your heart.
This is the foundational place to start.



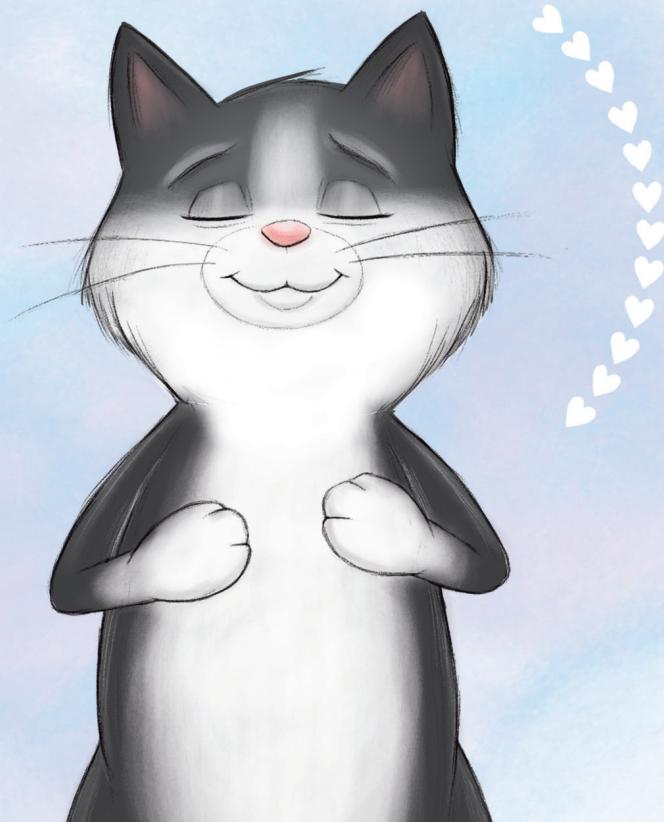
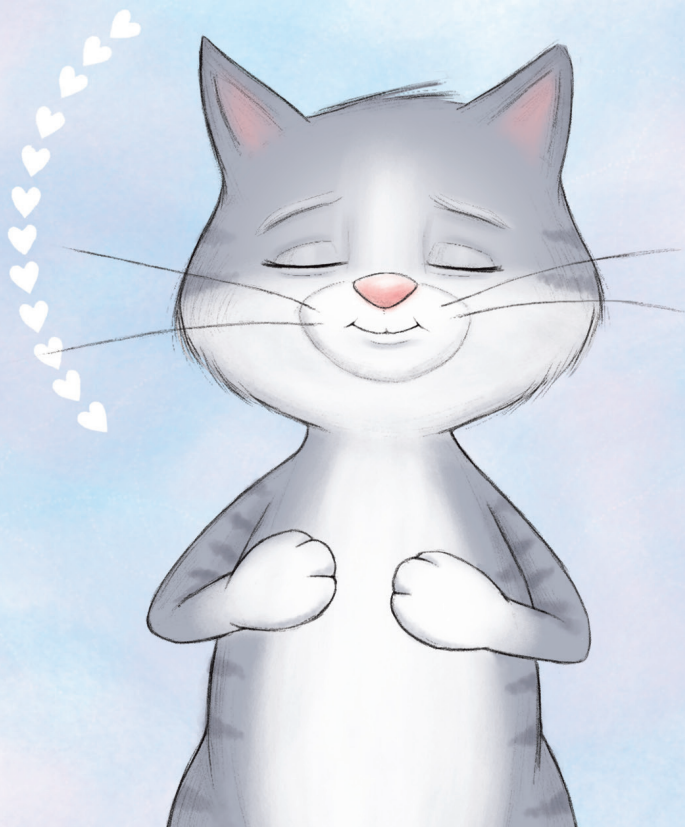


*“Be gentle
with
yourself.”*



Settle into your body and quiet your thoughts.
Your heart whispers kind words typically not taught.

“You are loved.”





As we become deeply familiar with our body parts,
We begin to find center and stillness within our hearts.

