

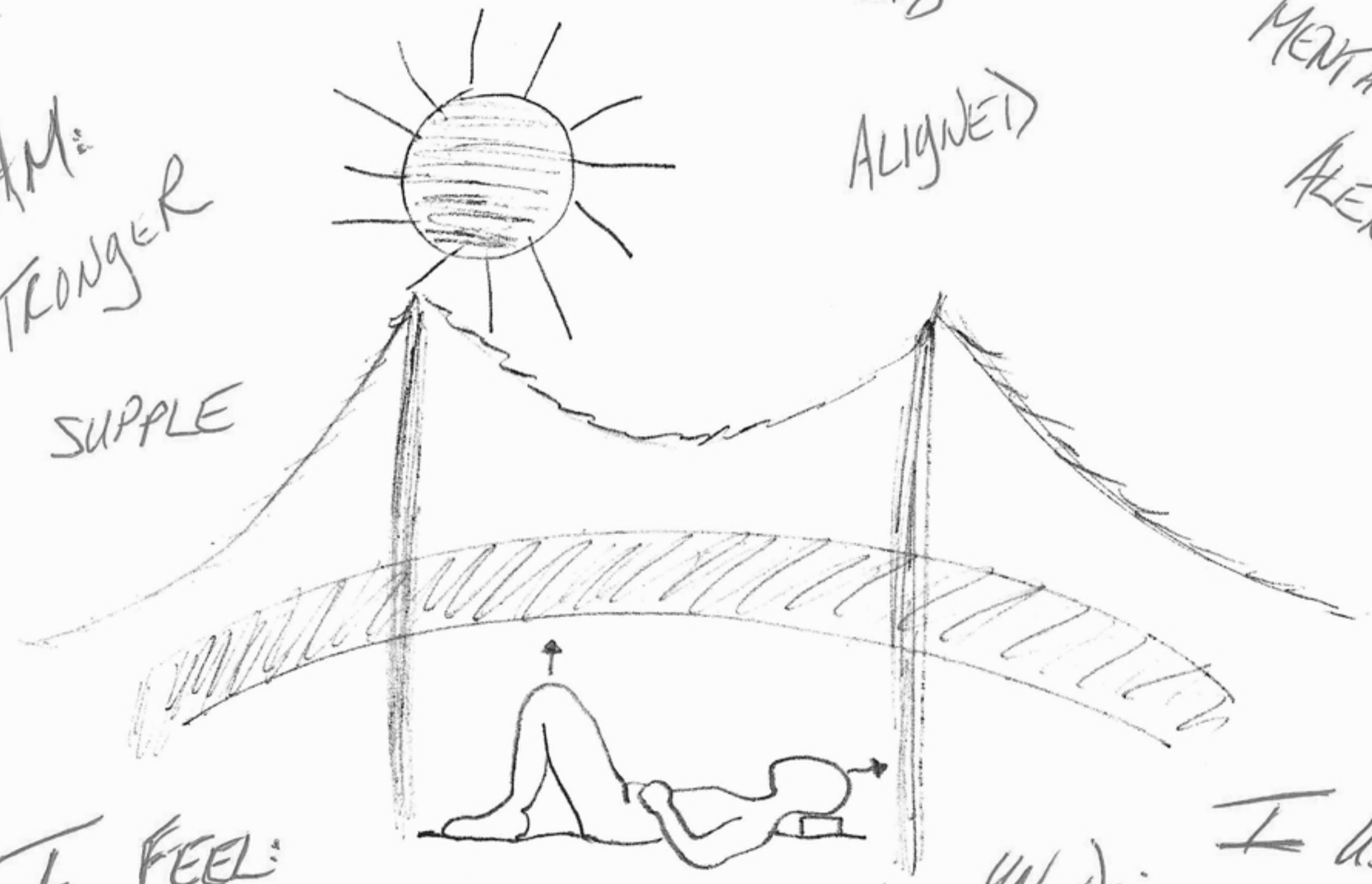
SOLID

MENTALLY  
ALERT

ALIGNED

I AM:  
STRONGER

SUPPLE



I FEEL:

BALANCED

SPIRITUAL

"IN THE MOMENT"

FREE

UN DOING  
POSTURAL  
HABITS

I USE:

BREATHING  
FOCUS