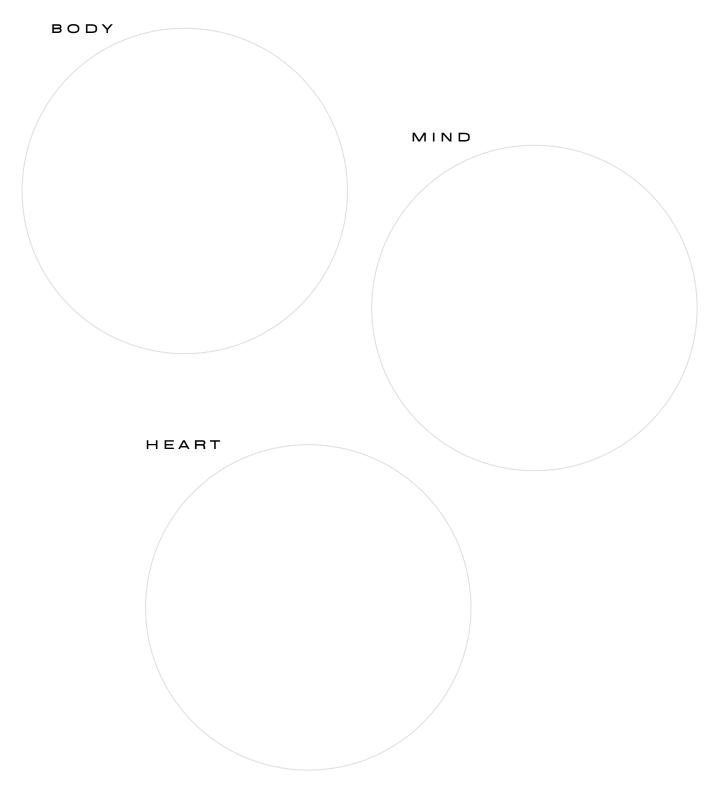


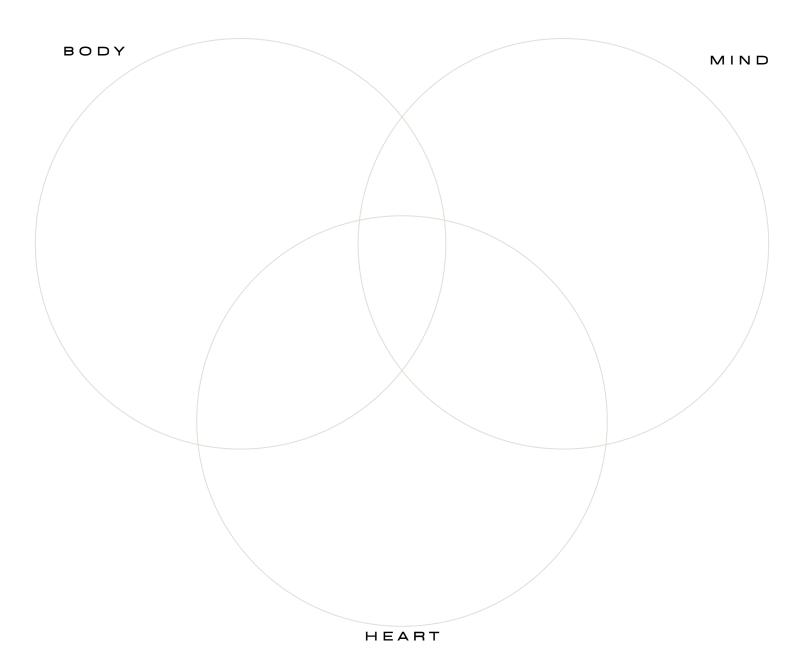
OUT OF TUNE

Where in the body (physical + somatic), mind (intellectual + mental health), and heart (emotional + spiritual) do you feel out of harmony and imbalanced?



IN HARMONY

What practices bring your body (physical + somatic), mind (intellectual + mental health), and heart (emotional + spiritual) into harmony and balanced?



WHEN I'M IN HARMONY I FEEL...