

AWARENESS

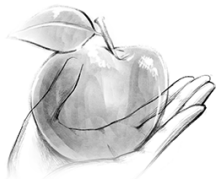
Tools



Placement



Visualization



"How you feel is more important than what you see"

Mantra



"A calming phrase"

A Feather's Touch



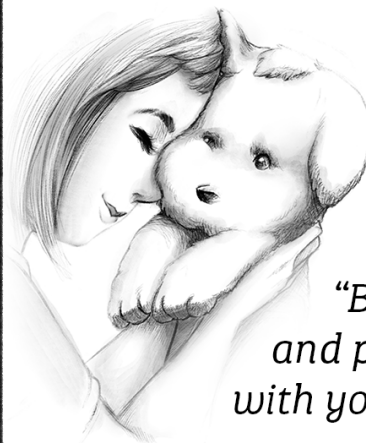
*"Not too hard"
"Not too soft"*

Continuously Reconnect

The Center



"Awareness anchored in a point or a space"



"Be kind and patient with yourself"