

## AWARENESS/AWAKENING

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Awareness of body, breath and movement can allow for an awakening towards a healthy and happy lifestyle.

It's up to each individual to cultivate this awakening. It just doesn't happen because you exercise regularly.

A healthy and happy life leaves no room for dishonesty, lack of integrity, substance abuse and other negative behaviors.

Simply allow your awareness of body, breath and movement to create positive action in everything you do!

## IN THE VALLEY...

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In the valley is where good things really happen.

In the valley is where you have to trust that all of your dedication, creativity, love and hard work are paying off.

It's not always easy to do. In your hardest, most challenging and humbling moments, keep reminding yourself that everything happens at the right place and time. Everything happens for a reason. Everything does.

If you happen to be in one of life's valleys, just stay. You'll know when to climb out and let your light shine brighter than ever!