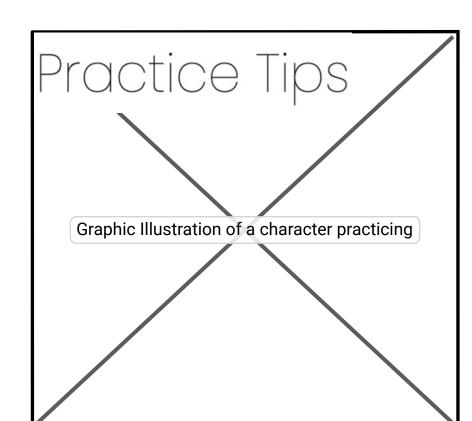


# re:vibe =







## Listen to Inspire



### Get Enough Rest





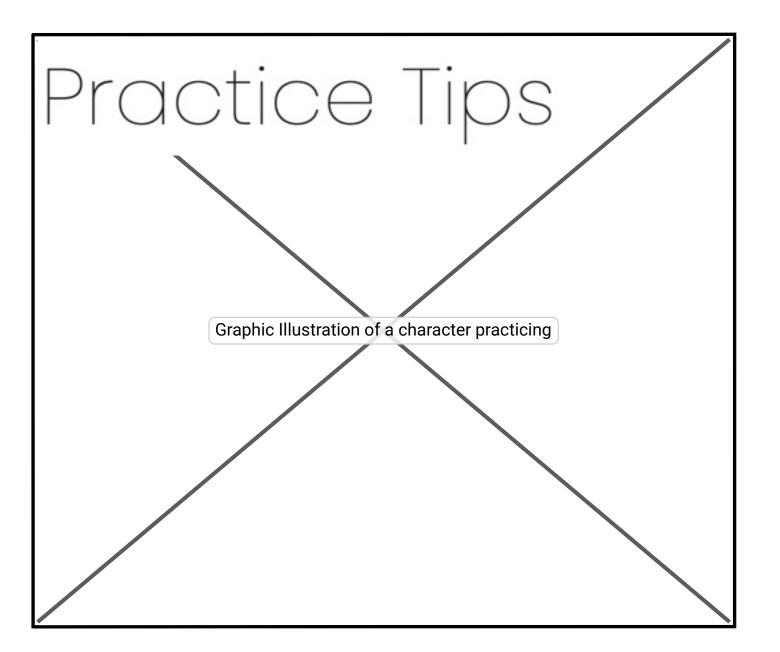






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# Quality over Quantity •





# Listen to Inspire

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Get Enough Rest

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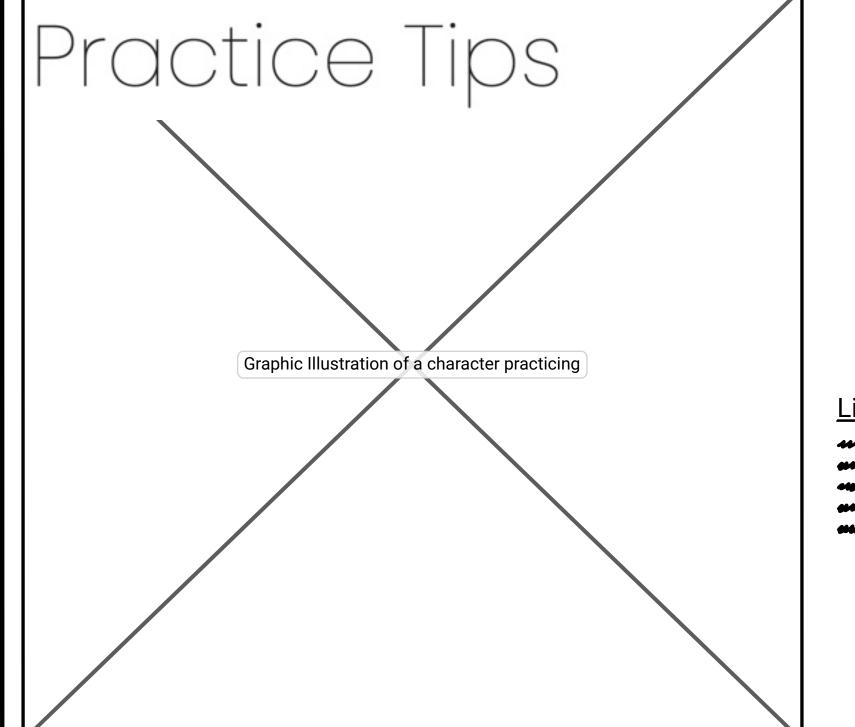
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https://www.revibe.co.uk/practice-tips

# re:vibe





# **Quality over Quantity**





# Start Slowly

## <u>Listen to Inspire</u>



# **Get Enough Rest**











