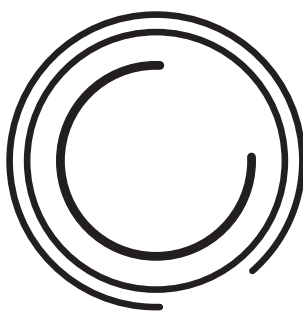


## **VOICE**

Your voice is an expression of who you are



## **BREATH**

Breath is the basis of your existence



## **CORE**

The core is the essence of your being