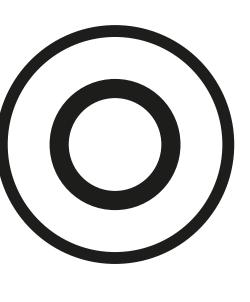


Your voice is an expression of who you are



Breath is the basis of your existence



CORE

The core is the essence of your being