



TAKING
LEAPS
OF FAITH
WITH
EVERY
BREATH.

"Living consciously has become the bedrock of my life. My purpose is to keep breathing mindfully. Staying grounded and balanced is paramount to my existence. We breathe every second — it's what keeps us alive. But we forget how powerful our breath can be when we are mindful of its virtues and powers". - Suba Nadarajah

**#WEDNESDAYMANTRA
GUIDED MEDITATION
SERIES IS BACK!**

**STARTING FEB 8TH.
FOR 8 WEEKS,
EVERY WEDNESDAY,
FROM 6 PM TO 6:50 PM.**

Sessions will begin with a
20 minutes thematic mindful
stretch followed by 20 minutes
guided meditation.

**\$89 for the
whole 8 week series.**

Sign up today,
unplug and breathe with us.