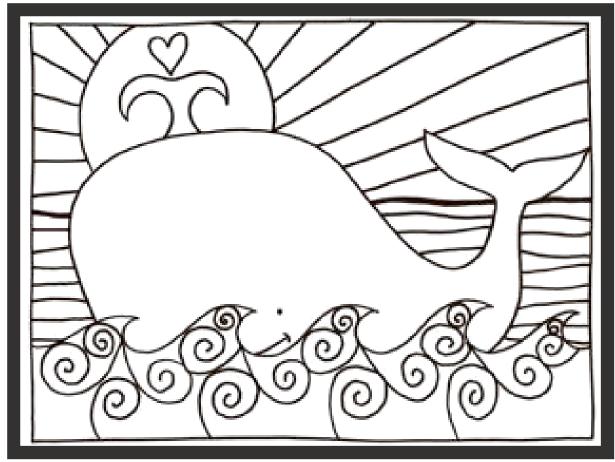
WELLNESS. DOULES.



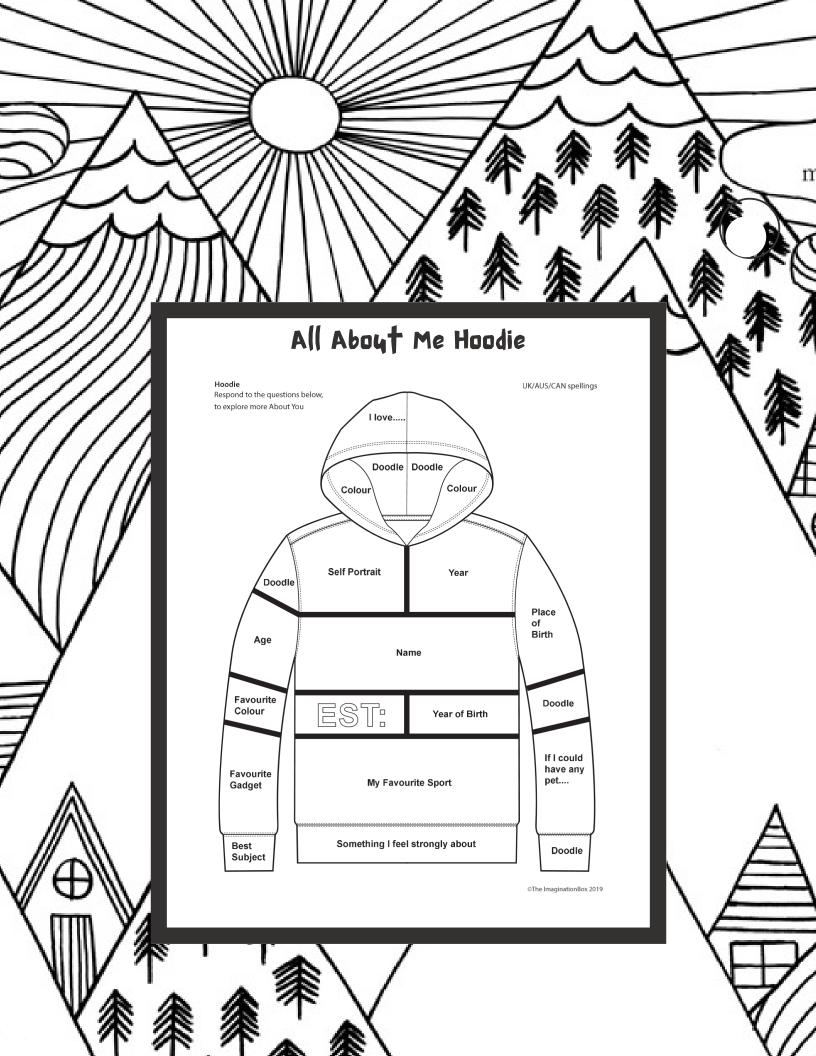
"WHEN WE GET TOO CAUGHT UP IN THE BUSYNESS OF THE WORLD, WE LOSE CONNECTION WITH ONE ANOTHER — AND OURSELVES."

-JACK KORNFIELD







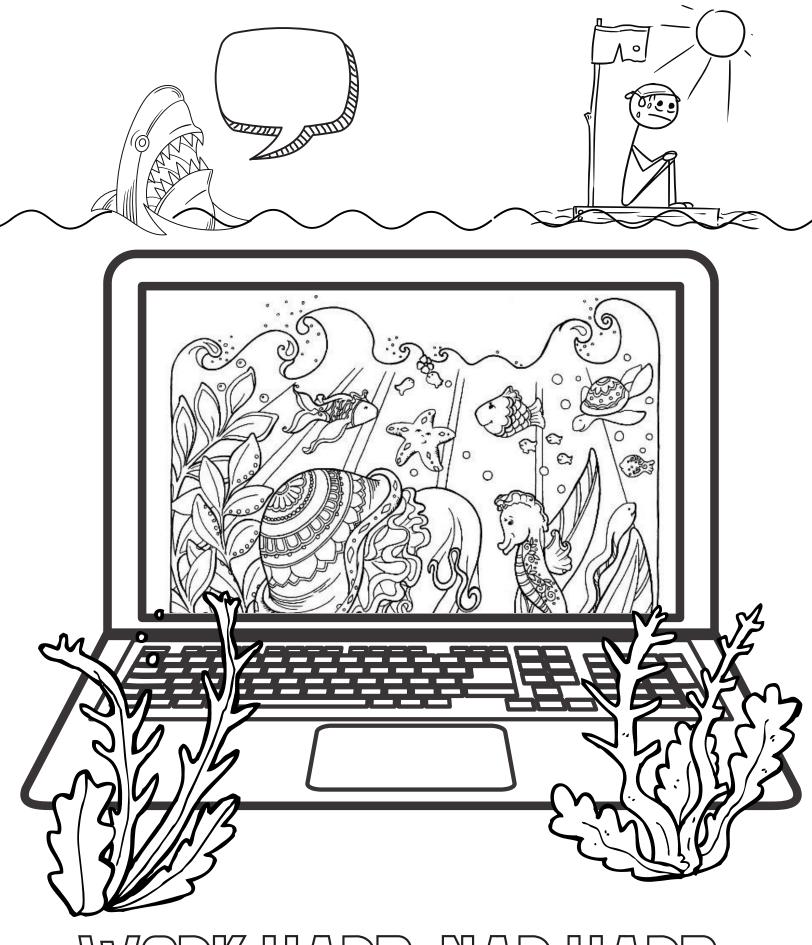








BE YOURSELF. AN ORIGINAL IS SO MUCH BETTER THAN A COPY.



WORK HARD, NAP HARD.