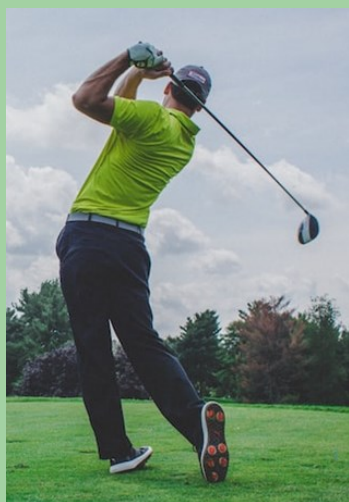


Meditation



- *Focused Time Management*

- *Break-through Mental Blocks*

Learning how to stay calm and focused when you are needed most.

Individual and Group Meditation Sessions



Mindfulness



- *Calm Nerves*
- *Visualize Success*
- *Improve Concentration*

Customized Mindfulness Workshops



*Massage
Energy Work*

