

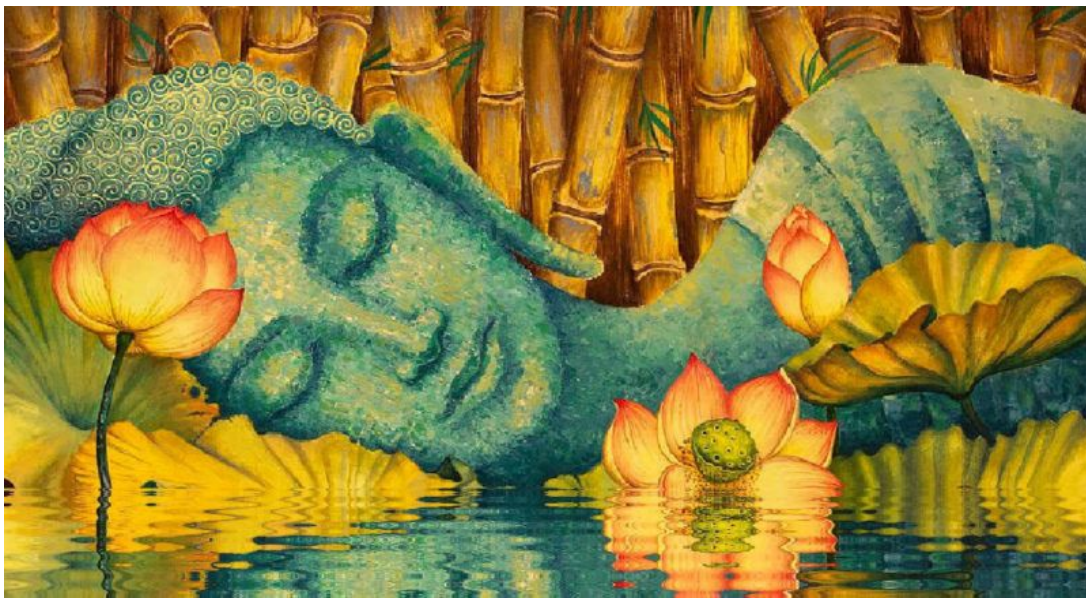
# Morning Mantra

*by a passionate perspective*

Experience what a 40-day commitment can do...

Now is a good time to change a habit, shift mindset and carve out time for yourself.  
Give yourself the gift of presence and practice... see what happens!

Join me for this daily practice.



.A supportive drop-in space.

Includes a yogic warm-up, followed by 11-minute meditation,  
ending with an 11-minute relaxation.

Weekly check-in.

Start at any time!

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