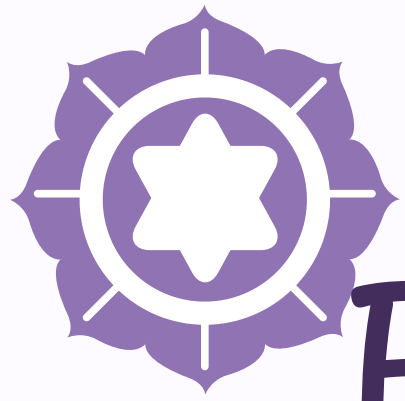




Meditation

The Art of Stillness





Balance and Harmony



Wellness is the equilibrium of body, mind, and spirit—a conscious alignment that nurtures every part of us. Wellness is the equilibrium of body, mind, and spirit—a conscious alignment that nurtures every part of us.



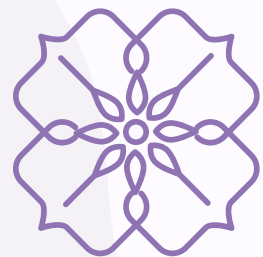
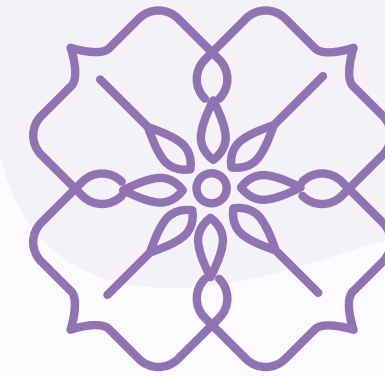
Breathing Awareness



Every deep breath renews energy, clears the mind, and reconnects us to the present moment.



The Power of Mindfulness



Mindfulness is the practice of living fully in each moment, aware and grateful for life's small blessings.



Flow of Energy



Yoga and movement guide energy through the body, harmonizing physical strength and inner serenity.

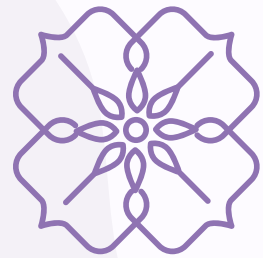
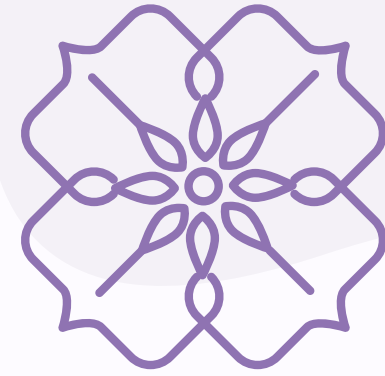


Healing Through Calm

Silence heals. In stillness, we
rediscover our thoughts, our
feelings, and our truest selves.



Nourishing the Soul



Healthy food, sleep,
and compassion form
the foundation of true
holistic wellness.



Inner Peace, Outer Glow



Radiance begins from within; a calm heart
reflects beauty that no mirror can capture.



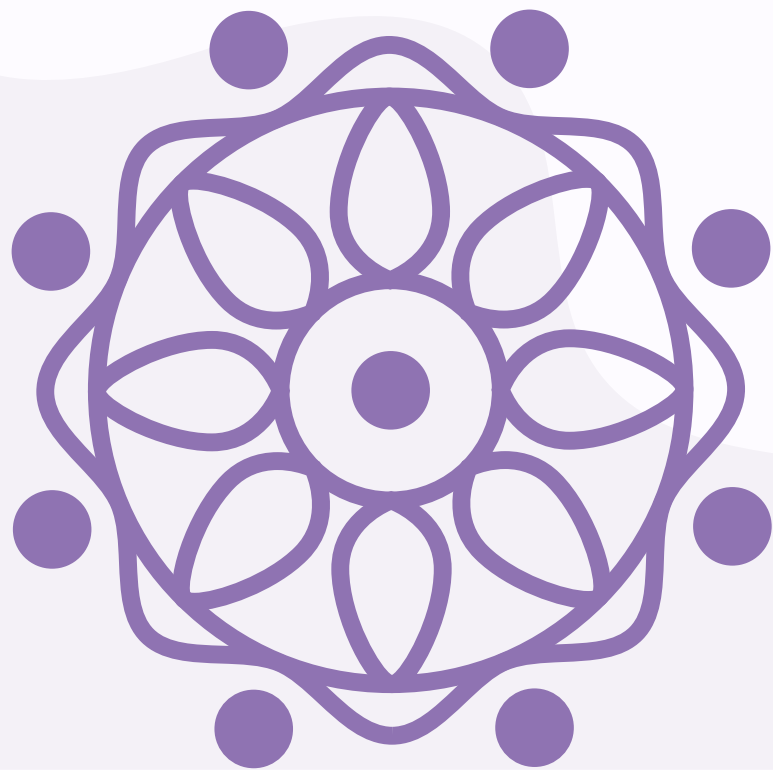
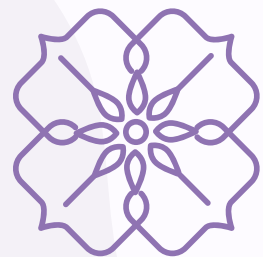
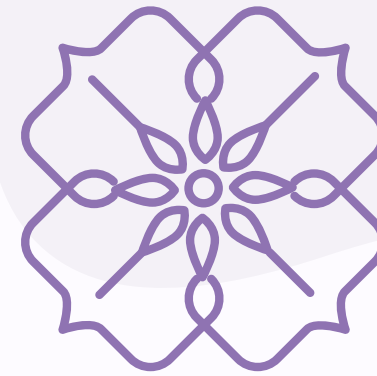
The Journey Inward



Meditation is not escape—it's a return home to the center of being, where wisdom lives.



Harmony Every Day



Wellness isn't a goal;
it's a daily practice of
balance, gratitude,
and conscious living.