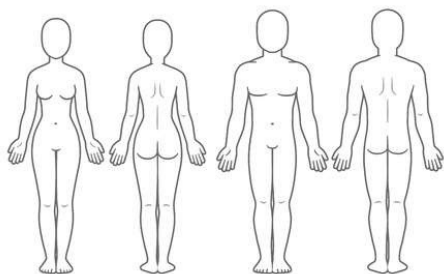


Stress, Stress, Where are You?

LET US PAY ATTENTION

Where do you feel stress in your body?
Where do you hold tension in your body?



What is your body & mind trying to tell you?

When are you typically the most stressed?

What is your typical response to stress?

Now allow this information to help you to be kind to yourself as you create space for your body-mind connection and meditation practice.