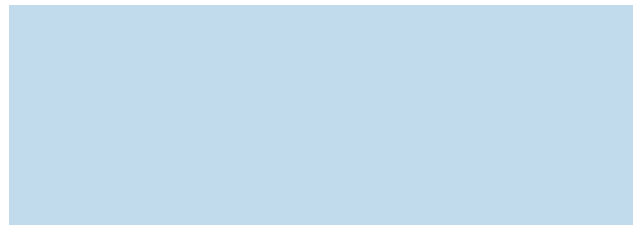
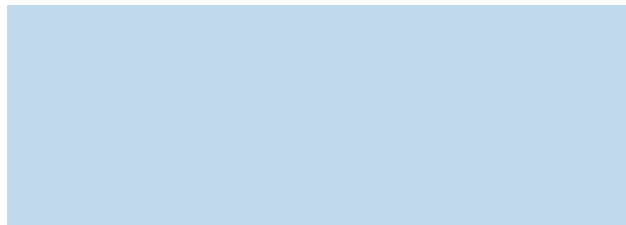


Transforming Stress

WITH
MINDFULNESS



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- Weight Management
- Healthy Aging
- Hypertension
- Chronic Pain
- Athletic Performance
- Stress, Burnout
- Cancer
- IBS, Autoimmune Diseases
- Chronic Fatigue & Fibromyalgia
- Improve Communication

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