LISTEN TO YOUR BODY

Pay attention to your:

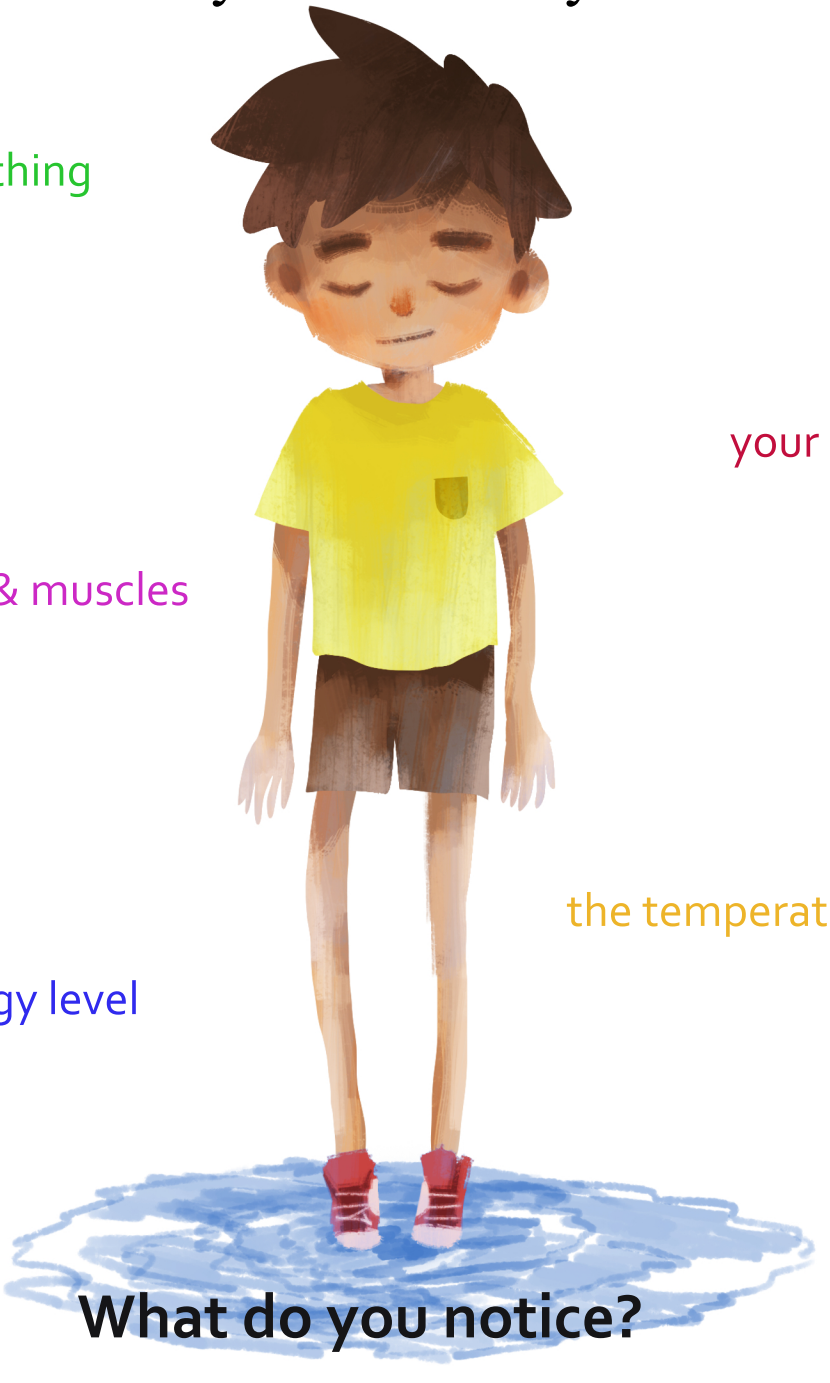
your breathing

your heartbeat

your belly & muscles

the temperature of your skin

your energy level



What do you notice?

gabi garcia books

listeningtomybody.com