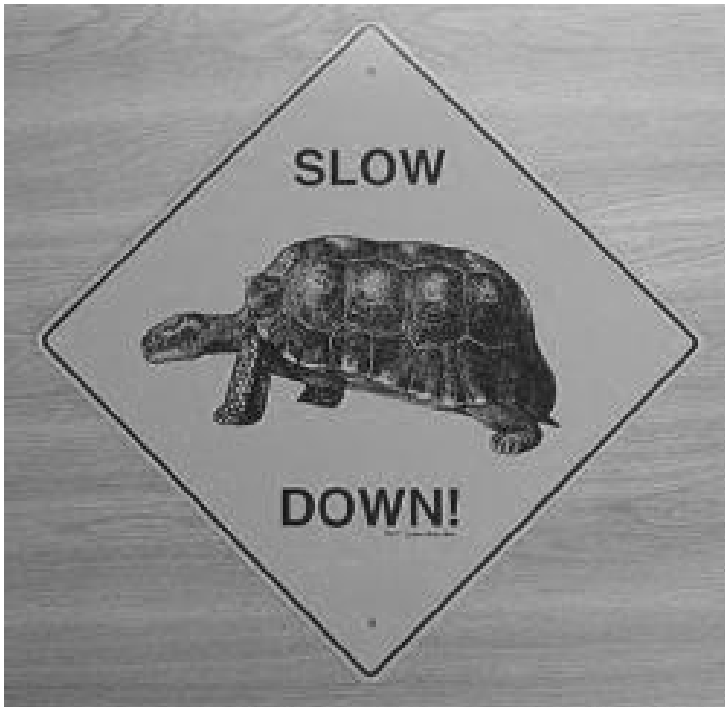


FORM



A CIRCLE

SLOW

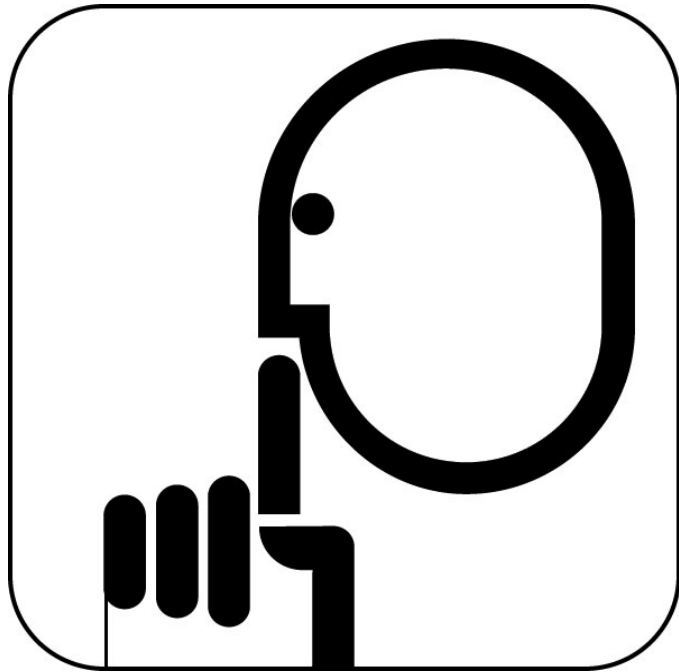


DOWN

BREATHE



TOLERATE



SILENCE

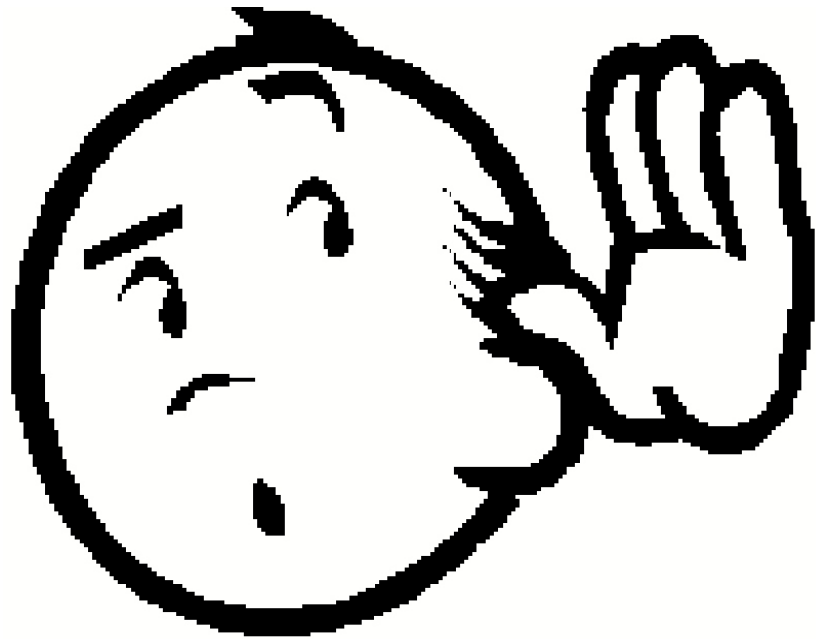
SPEAK THE TRUTH

OF YOUR



EXPERIENCE

DEEP



LISTENING

WELCOME THE

UNKNOWN



APPRECIATE



DIFFERENCES

SUSPEND

JUDGMENT

anything is possible

HOLD EMOTIONAL INTENSITY



PATIENCE



ENJOY

THE

PROCESS

