

# Living-poster's homepage

Click Tony Robbins, Oprah, Angela Sadhguru, Mirella (yoga teacher)

The Learnings...

Coming into being

NAMESTE  
The light within me honours the light within you

LIFEFULLNESS  
Fulfilled & Nourished through Breathe, Connection, reflection, growth, significance, and contribution  
Joy, peace & Love  
LIFEFULLNESS

New Family

THE GAP  
THE MOMENT BEFORE THOUGHT (HEAD HOLIDAY)

**Michelle Rochester**  
CE Make a Move  
Therapeutic movement

[Click for Michelle's poster](#)

for positive Mental Health

It's ok NOT to be ok!

How is working together to research our individual and shared understandings and explorations of self-awareness and relationships, contribute to the efforts we work with, in developing their well-being and knowledge of self.

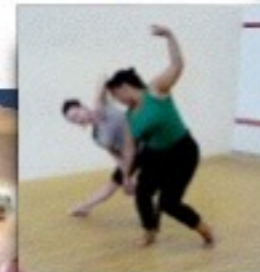
New beginning: New beginning, making a shift into a new way of being. Open to change. Open to play. Challenges. Believing in the simple. Space to create. A chance to move forward. Being stronger. Independent. Self-reliant. Body and mind Love. Awaiting life.

**Sarah Haddow**  
DM therapist, Make a Move

[Click here for Sarah's poster](#)

# Make a Move

for positive mental health



Robyn Pound  
research activity  
2017-19  
previous projects 2012 & 2013

A presentation: An opportunity to working relationship with an experiential

A poster for sharing stuff

with the world

Adrian's activities

Exploring the possibilities of the world

Workshops: Community, sharing, love of life, understanding, learning, practice, in Policy Conversation with

Workshops: Community, sharing, love of life, understanding, learning, practice, in Policy Conversation with

Technology of creativity

[Click here for Robyn's poster](#)