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

Make a Move Research Group



The Learnings.....



Coming into being....



NAMESTE

The light within me
honours the light
within you

LIFEFULLNESS

Fullfilled & Nourished
through
Breathe, Connection,
reflection, growth,
significance, and
contribution



New Family

Press Play

=
Joy, peace & Love
LIFEFULLNESS

THE GAP
THE MOMENT
BEFORE THOUGHT
(HEAD HOLIDAY)