

MARKERS Along my path.

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

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

=

Joy, peace & Love
LIFEFULLNESS



New Family

Press Play



THE GAP
THE MOMENT
BEFORE THOUGHT
(HEAD HOLIDAY)