

the main themes for april are :

MINDFULNESS

PATIENCE

BALANCE



*Have an
awareness
+
mindfulness
of your
energy leaks.*

- 1 Pay special attention to what we say, how we act, and what we think.
- 2 Have patience to accept and adapt when things do not go as planned.
- 3 Strive for balance around the fiery action that threatens to take us down into exhaustion, overwork and poor health.

friday inspiration
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1200 White St.
Key West, FL. 33040
305-296-5626