



I'm not a robot

































Something different for today! Try out this simple Sharing another way to reduce stress and anxiety during COVID-19 lockdown as requested. Join our students in a simple exercise to help you wake up and be more present. This and all the We all want to live more consciously - but how do you do it? What does it mean? this week's video for 3 powerful tips toÂ ... Focusing in on your body will help you come in contact with the present Hi Guys! It's Monday and it's the perfect time to be