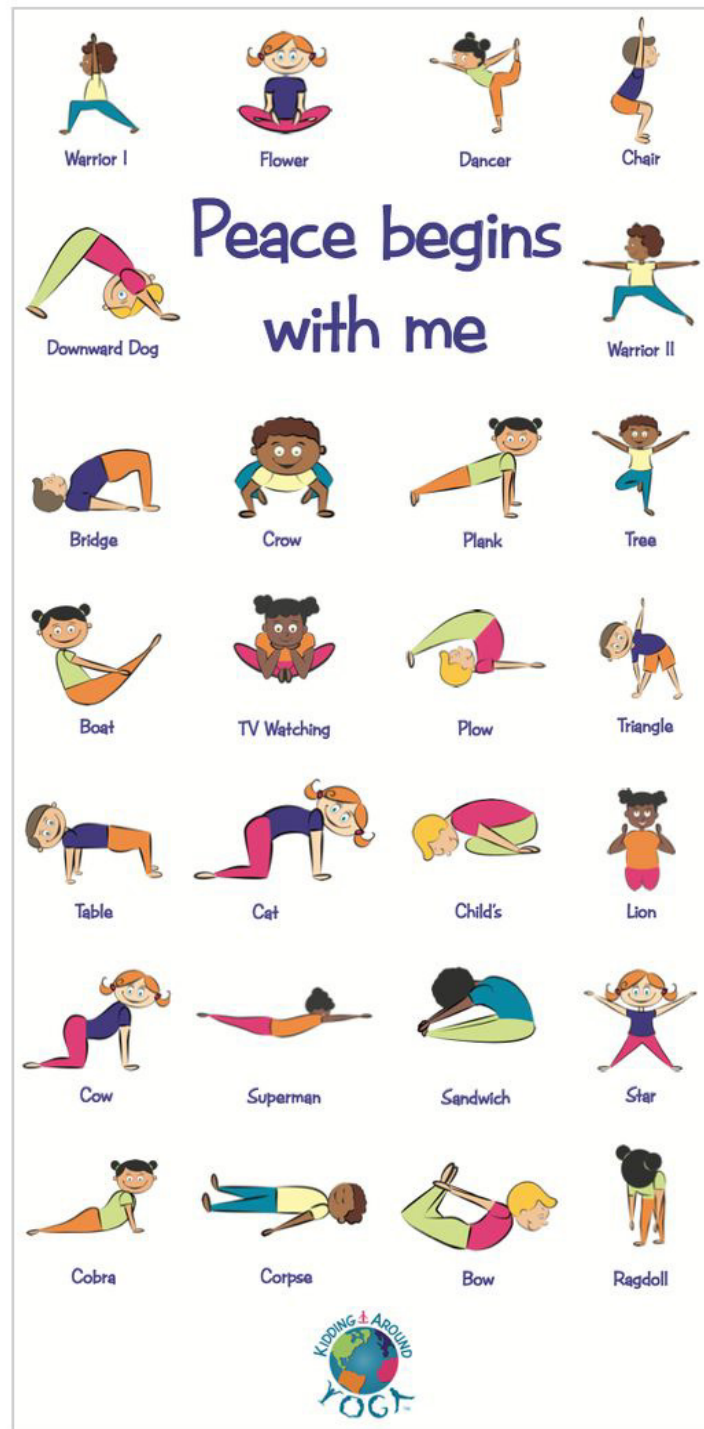


PEACE BEGINS WITH ME

Close your eyes and move your hand over the paper, wherever it stops, do it!
Do 10 positions, and try to hold each position for 10 seconds



WHAT'S
YOUR **30**?
30 MINUTES. 30 DAYS.



30 OCT - 28 NOV