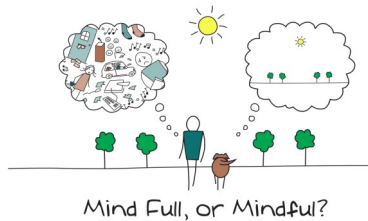


Meditation



Demystified

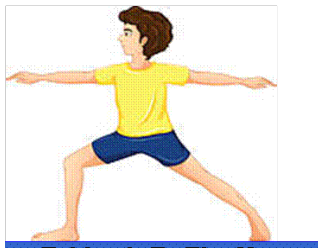
~ Managing Stress ~



Taking A Deep Breath



Ultra Beginners Yoga



Instructor:
Tracy Ryzan Ross
Licensed Massage Therapist
Certified Yoga Teacher

Email:
tracyryzanross@gmail.com

Self Massage



Catch More



Simple tips for better



Your Body's Many Cries For Water

Self Reflexolo-

