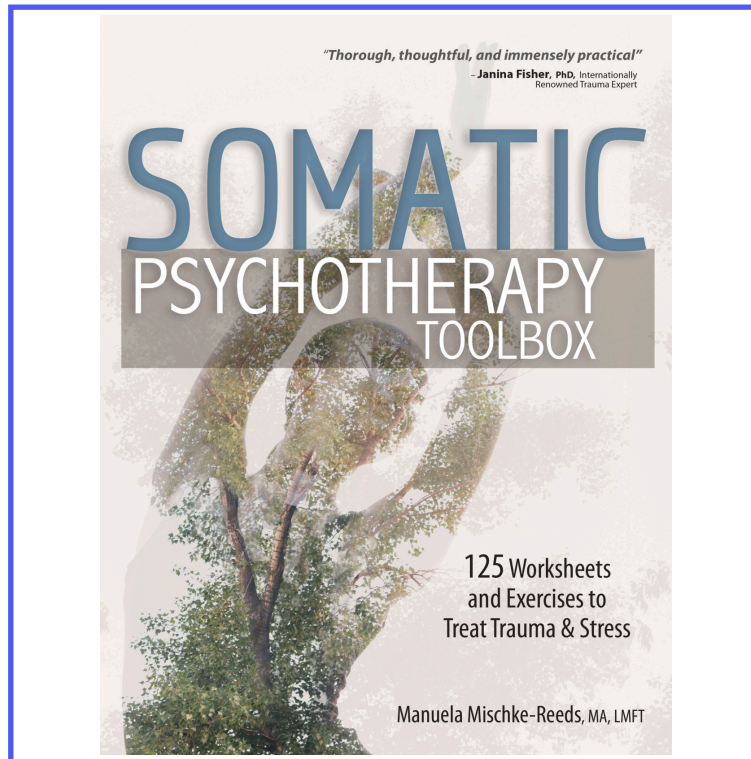




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Be kind to your body – your inseparable best friend.

“Our body is a source of truth.”

-Albert Pessó

“If you’re an alive body, no one can tell you how to experience the world.
And no one can tell you what the truth is, because you experience it for yourself.”

-Stanley Keleman

“The human body is not an instrument to be used, but a realm of one’s being
to be experienced, explored, enriched and thereby educated.”

-Thomas Hanna

“The body is your nearest environment.”

-Jean Klein

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