



*A gentle landing place where  
love-light, curiosity and awareness  
blend to inspire spiritual growth.*

“Renewal requires opening yourself up to new ways of thinking and feeling”  
Deborah Day

### Reflection Questions

What is your belief around time to renew your body?

What about time for renewing your spirit?

What keeps you from stepping into renewal and self-care?

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Helping shift perceptions, inspire curiosity and guide transformation from the inside out.*

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