

LISTEN
WITH
KINDNESS



BEING A GOOD WITNESS



STEP INTO SILENCE



CONNECT
TO
BEING HUMAN



MAKE
FRIENDS
WITH
TIME



A PLEDGE TO MAKING



MARKERS TO AIM FOR



KEEP ON THE
BOIL



TOES IN
THE
WATER



OUTSIDE OF YOURSELF



EXPLORE

THE SPACE YOU ARE IN



CREATE
A SPACE TO BE



WHERE IS THE PAST
WHERE IS THE
FUTURE



OPPOSITES
&
REFLECTION



INTENTION

WHY NOT



CHANGE DIRECTION

MAKE NEW

RHYTHMS



WHAT WILL YOU
LET GO OF
WHAT WILL YOU
OPEN UP



MOVING OUT OF YOUR ROOM



SEE
WHAT HAPPENS IF

