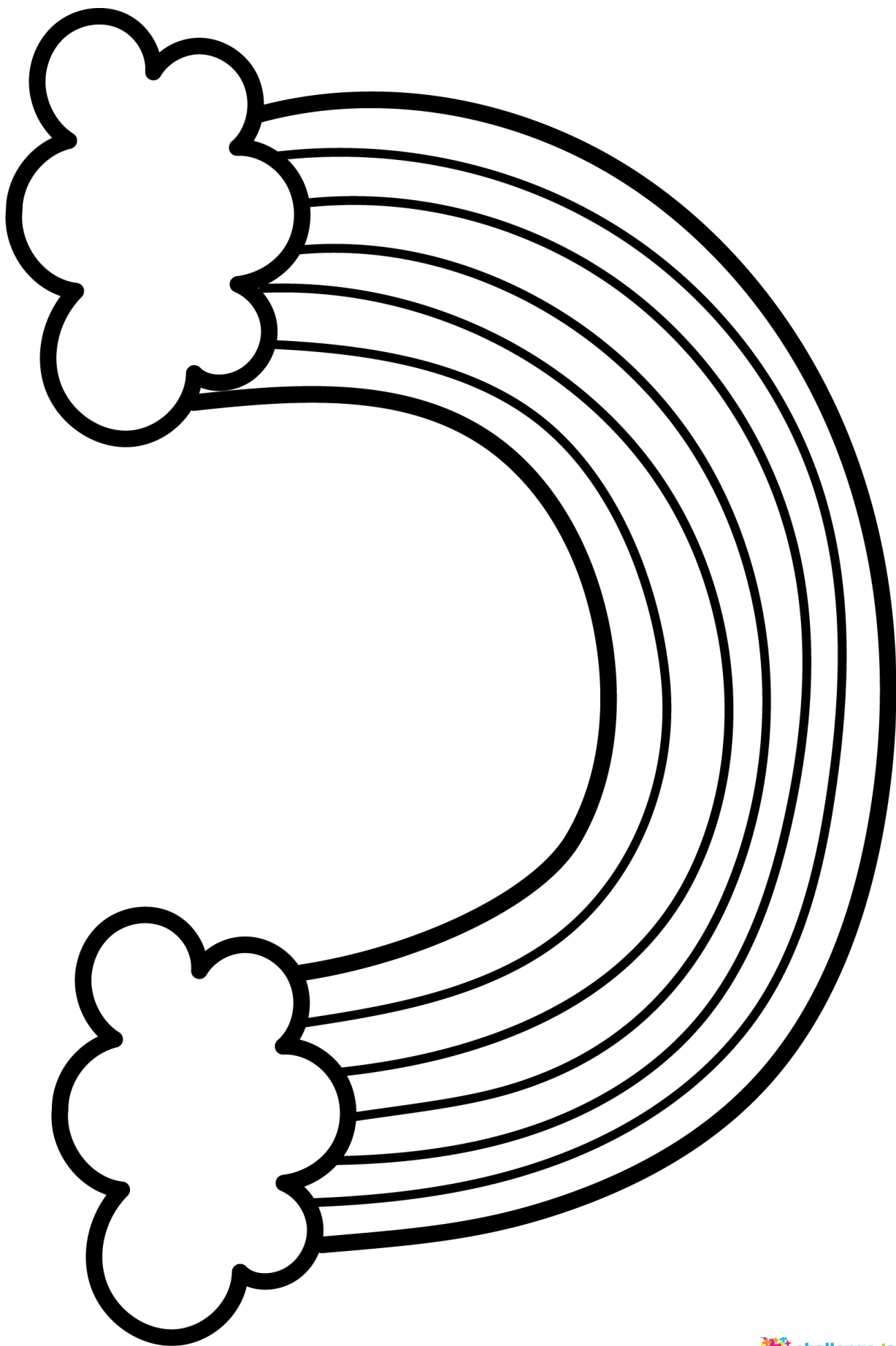


HOW TO CATCH A LEPRECHAUN MANTRA RAINBOW



HOW TO CATCH A LEPRECHAUN

Mantras

I am awesome. I am trustworthy. I am powerful. I am peaceful. I am a good citizen. I am empathetic. I am connected. I am amazing.

I am beautiful. I am a good listener. I am wise. I am responsible. I am learning. I am smart. I am unique.

I am positive. I am kind. I am honest. I am a good communicator. I am respectful.

I am compassionate. I am happy. I am loved. I am loving. I am joyful. I am fair. I am friendly. I am grateful.

I am calm. I am working. I am trying. I am able to persevere. I am organized. I am knowing. I am a good citizen. I am cooperative.

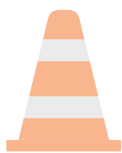
I am enough. I am courageous. I am creative. I am passionate. I am talented. I am sensitive.

I am confident. I am full of life. I am healthy. I am fearless. I am grounded. I am plugged in. I am safe. I am strong. I am still.

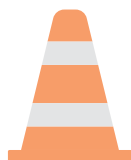


HOW TO CATCH A LEPRECHAUN

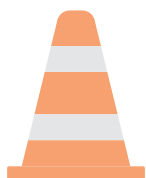
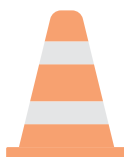
Plank



Plank to Side Plank



Yogi Squat



Locust Pose

