




I sleep
well

Wonderful Wellness

A person is silhouetted against a bright, hazy sky, standing in a field of tall grass with their arms raised in a gesture of joy or triumph. The background shows a line of trees under a soft, golden light.

*Regular
yoga practitioners
report increased feelings of
happiness & wellbeing*

A shirtless man is shown from the chest up, sitting in a meditative posture. His hands are pressed together in a prayer position (Anjali Mudra) at chest level. He has his eyes closed and a serene expression. The background is a soft-focus green, suggesting an outdoor setting with foliage. The lighting is warm and natural, highlighting the contours of his muscles.

Meditation
helps
increase
emotional
maturity




I have
boundless
energy



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned on the right side, casting rays across the sky and illuminating the scene.

*I love
the way
my body
moves*

Wonderful Wellness

The relaxation effect
could be as powerful
as any medical drug
without
the side effects

I love
chia seeds!



Wonderful Wellness by Kim Serafini

A woman with long dark hair is sitting in a lotus position on a grassy field. She is wearing a white sports bra and white pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green field with trees, and there is a warm, golden light on the left side, suggesting a sunrise or sunset.

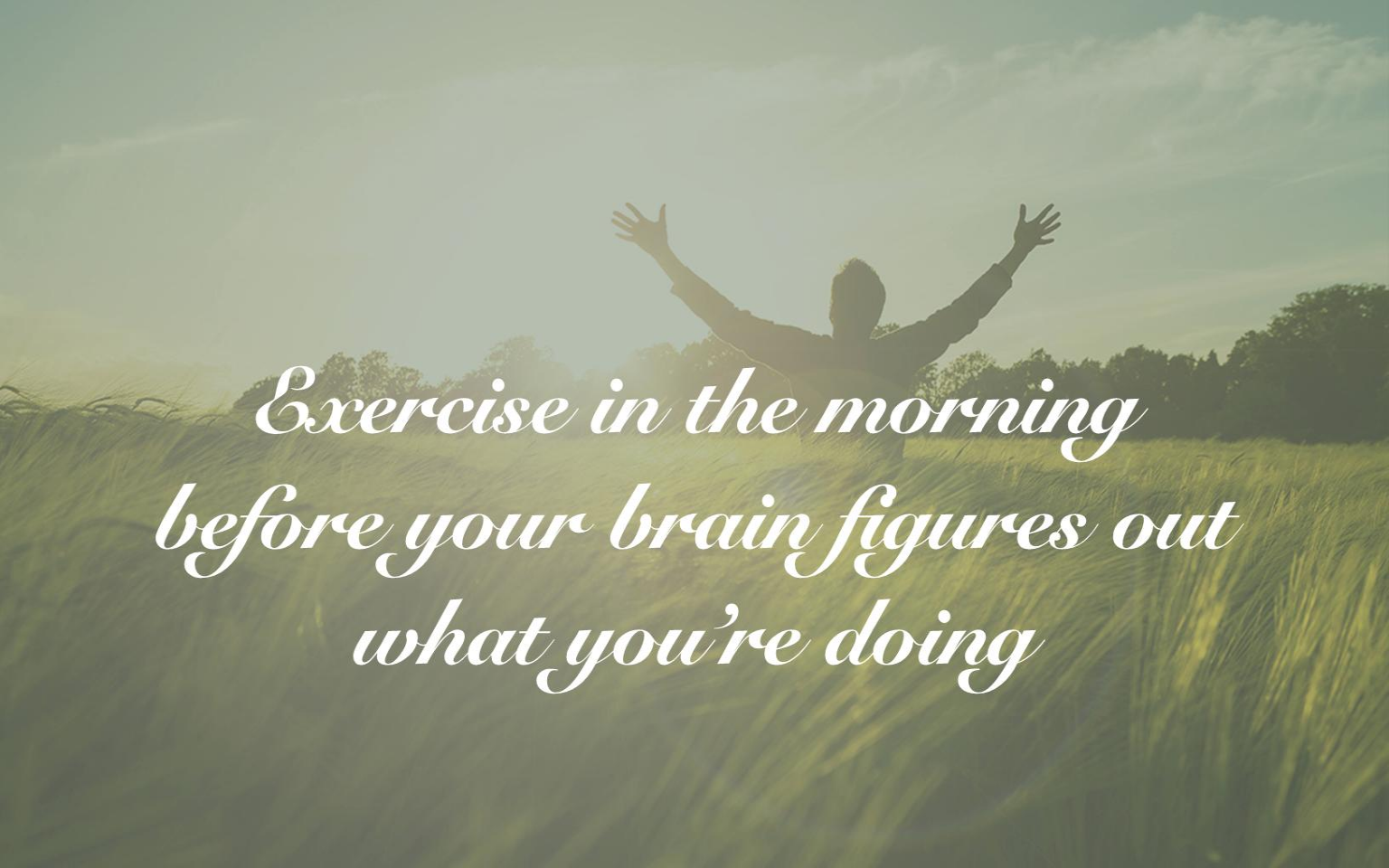
I respect
myself
with
sleep

Wonderful Wellness by Kim Serafini
www.positiveprime.com

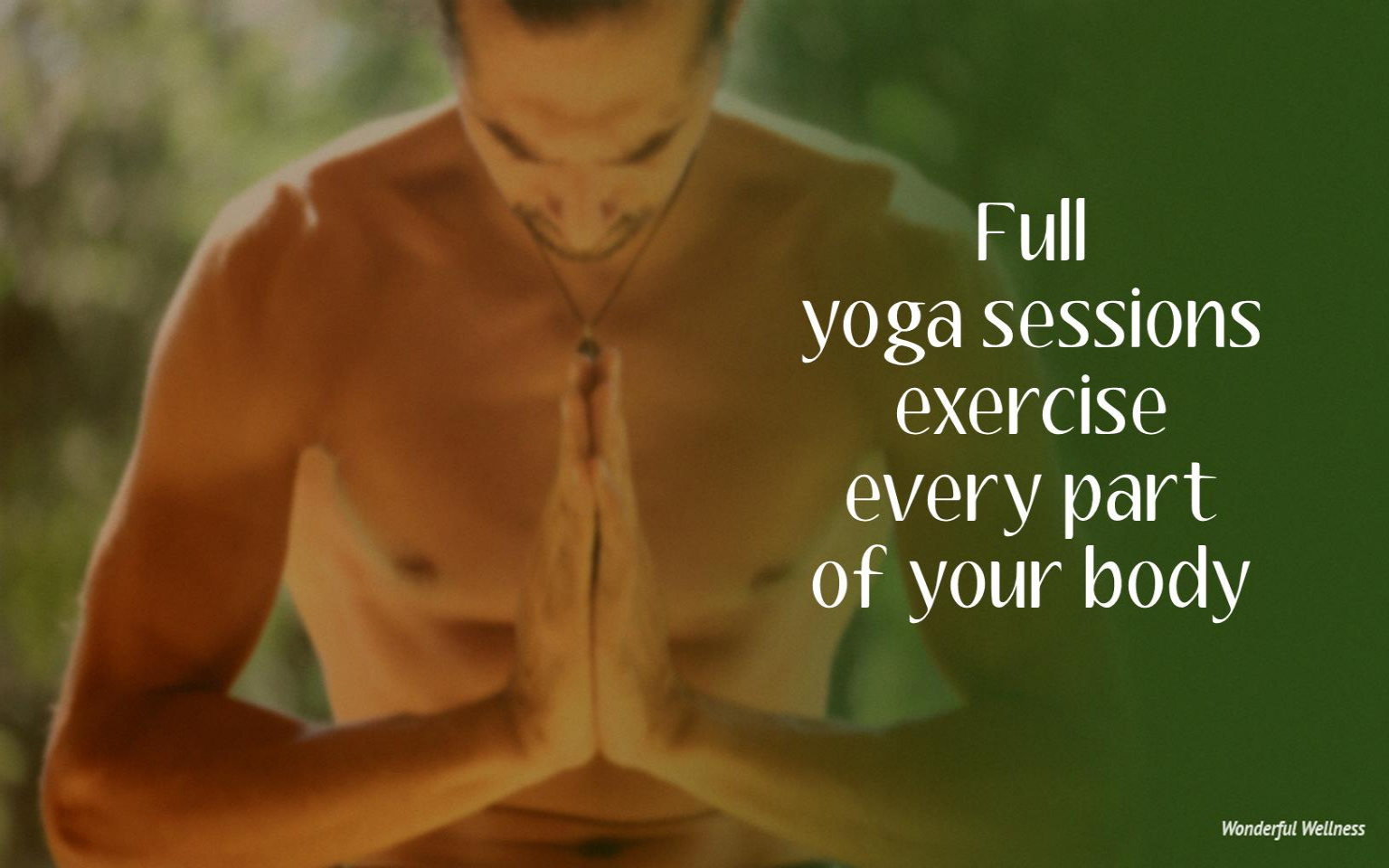


**I am
healing**

Wonderful Wellness

A silhouette of a person with their arms raised in a field of tall grass at sunrise. The person is positioned in the center of the frame, with their arms spread wide. The background shows a line of trees and a bright, hazy sky. The overall mood is peaceful and motivational.

*Exercise in the morning
before your brain figures out
what you're doing*

A shirtless man is shown from the chest up, performing a yoga pose. His hands are pressed together in a prayer position (Anjali Mudra) at chest level. He has his head bowed and eyes closed. The background is a soft-focus green, suggesting an outdoor setting. The overall lighting is warm and natural.

Full
yoga sessions
exercise
every part
of your body



I have
abundant
energy



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned on the right side, casting rays of light across the scene.

*Step into
your place
of
health & wellbeing*

Wonderful Wellness

A soothing massage
encourages
relaxation

I eat
good-quality
fat at
every meal

Wonderful Wellness by Kim Serafini



A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green field with trees, and the lighting is warm and golden, suggesting a sunrise or sunset. The overall mood is peaceful and serene.

I am
enjoying
the fresh
air

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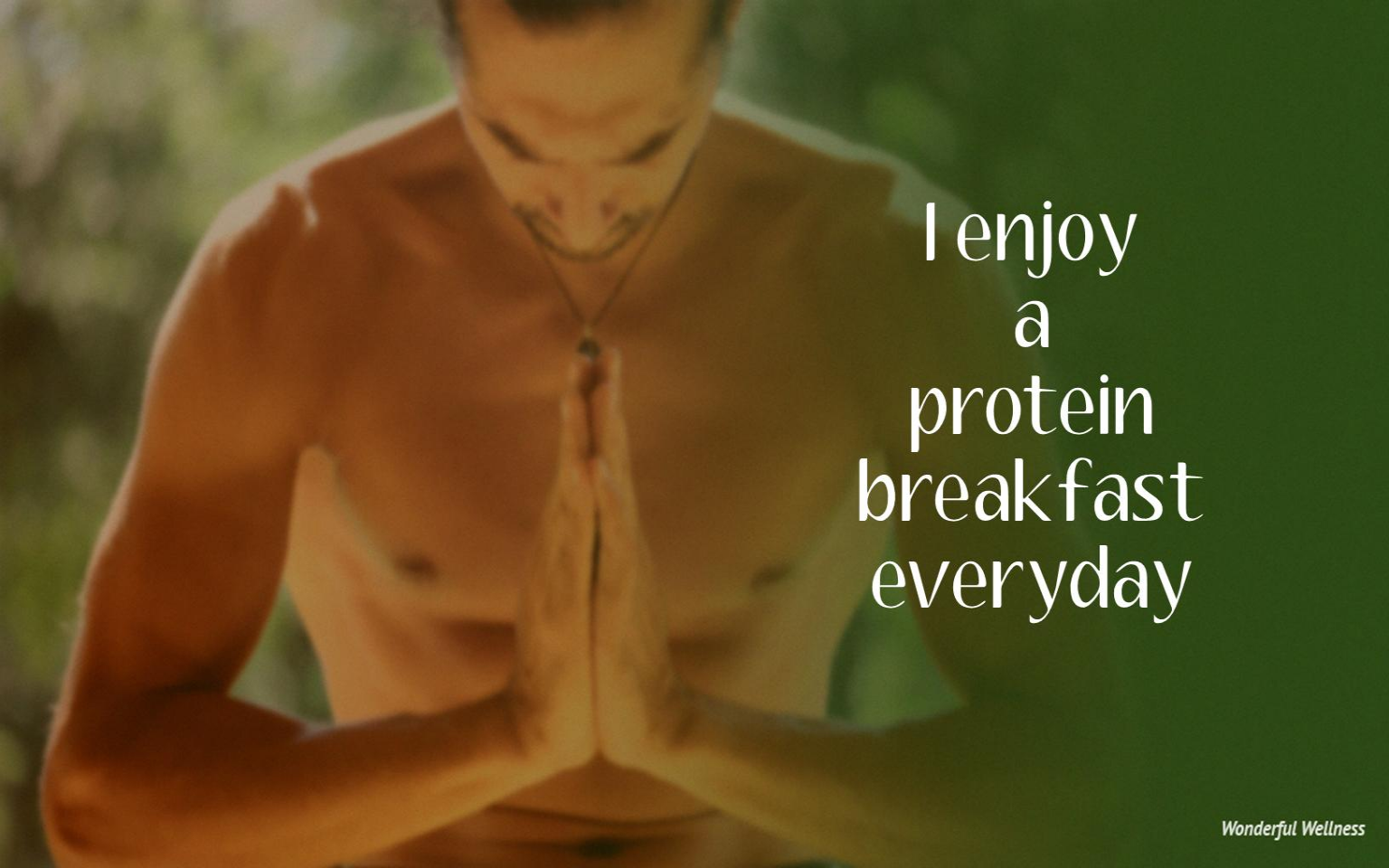


**A soothing
massage
improves
posture**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky at sunset or sunrise. They are standing in a field of tall, golden-brown grass that is blowing in the wind. The person's arms are raised high in the air, palms facing forward. The background shows a line of dark trees under a sky with soft, wispy clouds. The overall mood is peaceful and liberating.

*I pay attention
to
my intuition*

A shirtless man is shown from the chest up, in a meditative pose with his hands clasped in a prayer position (Anjali Mudra). He is looking down, and his expression is serene. The background is a soft-focus green, suggesting an outdoor setting. A semi-transparent green gradient is applied over the right side of the image, where the text is placed. The text is in a white, serif font, arranged in five lines. The overall mood is peaceful and health-oriented.

I enjoy
a
protein
breakfast
everyday



Love
is
everywhere



Wonderful Wellness by Kim Serafini

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The background of the image is a bright, sunny landscape. In the foreground, there is a lush green field. A dense line of trees and bushes stretches across the middle ground. The sky is a clear, bright blue, with a prominent sunburst effect emanating from the right side, casting rays of light across the scene. The overall mood is positive and energetic.

*I do
physical activity
that
I enjoy*

My diet
is high in
omega-3 fats
(fish oils)

Healthy choices



Wonderful Wellness by Kim Serafini

A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a bright sun creating a warm, golden glow. The overall mood is peaceful and healthy.


I am
healthy

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Healthy

Wonderful Wellness

A person is silhouetted against a bright, hazy sky at sunset or sunrise. They are standing in a field of tall, golden-brown grass that is blowing in the wind. The person's arms are raised high in the air, palms facing forward. The background shows a line of trees under a sky with soft, wispy clouds. The overall mood is peaceful and serene.

*I embrace the
peace & quiet
of the night*

A shirtless man is shown from the chest up, sitting in a meditative pose with his hands pressed together in a prayer position (Anjali Mudra). He is looking down with a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall lighting is warm and natural.

Ginger
infused chai
is a well-known
antidote for
battling
colds & flu

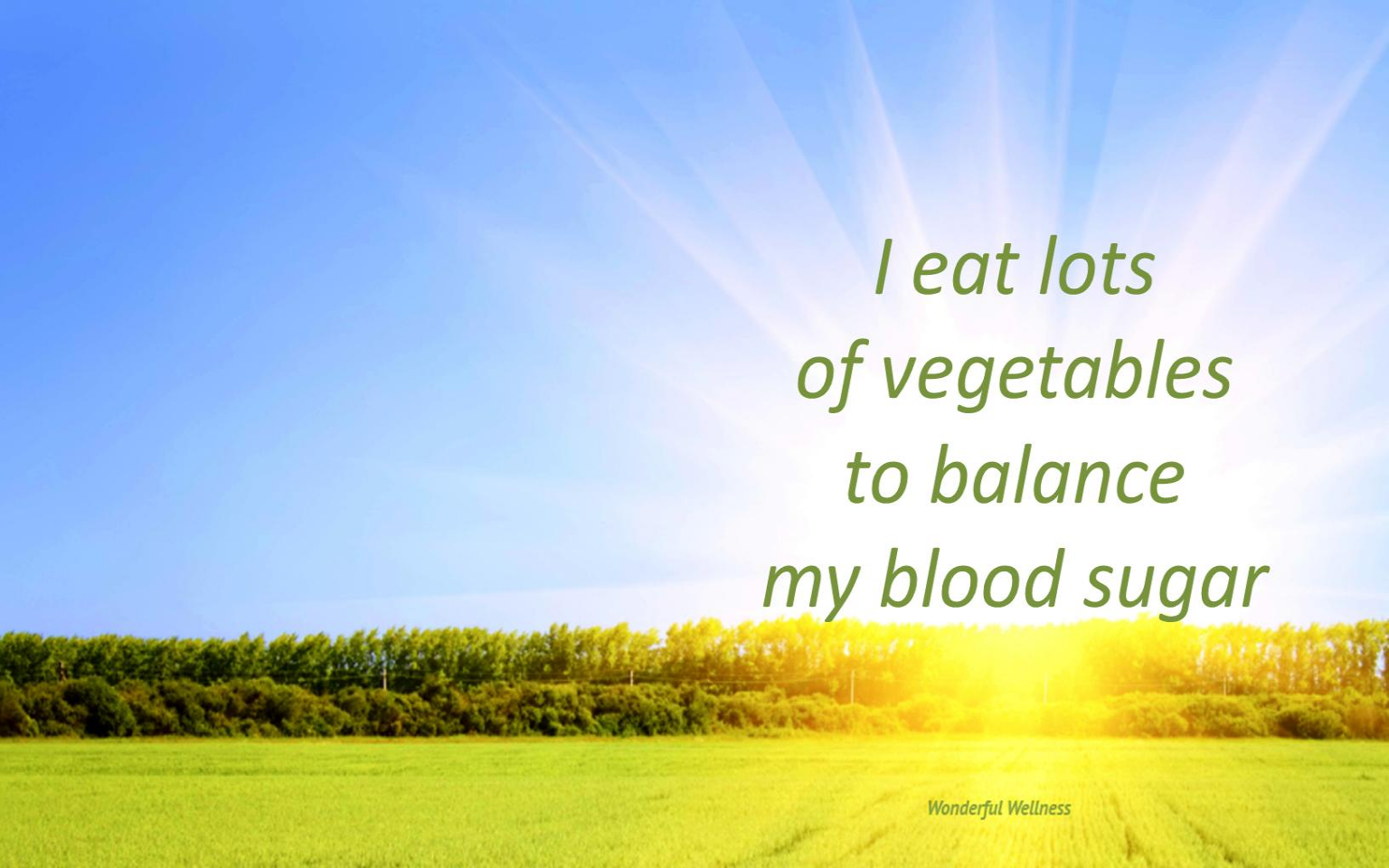


I am a
health
magnet



Wonderful Wellness by Kim Serafini

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A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned behind the trees, creating a warm, golden glow that radiates across the scene.

*I eat lots
of vegetables
to balance
my blood sugar*

My intension
for
health are aligned
with my behaviors

I love
pumpkin
seeds!



Wonderful Wellness by Kim Serafini

A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a bright sun creating a warm, golden glow. The overall mood is peaceful and serene.

I prioritize
sleep

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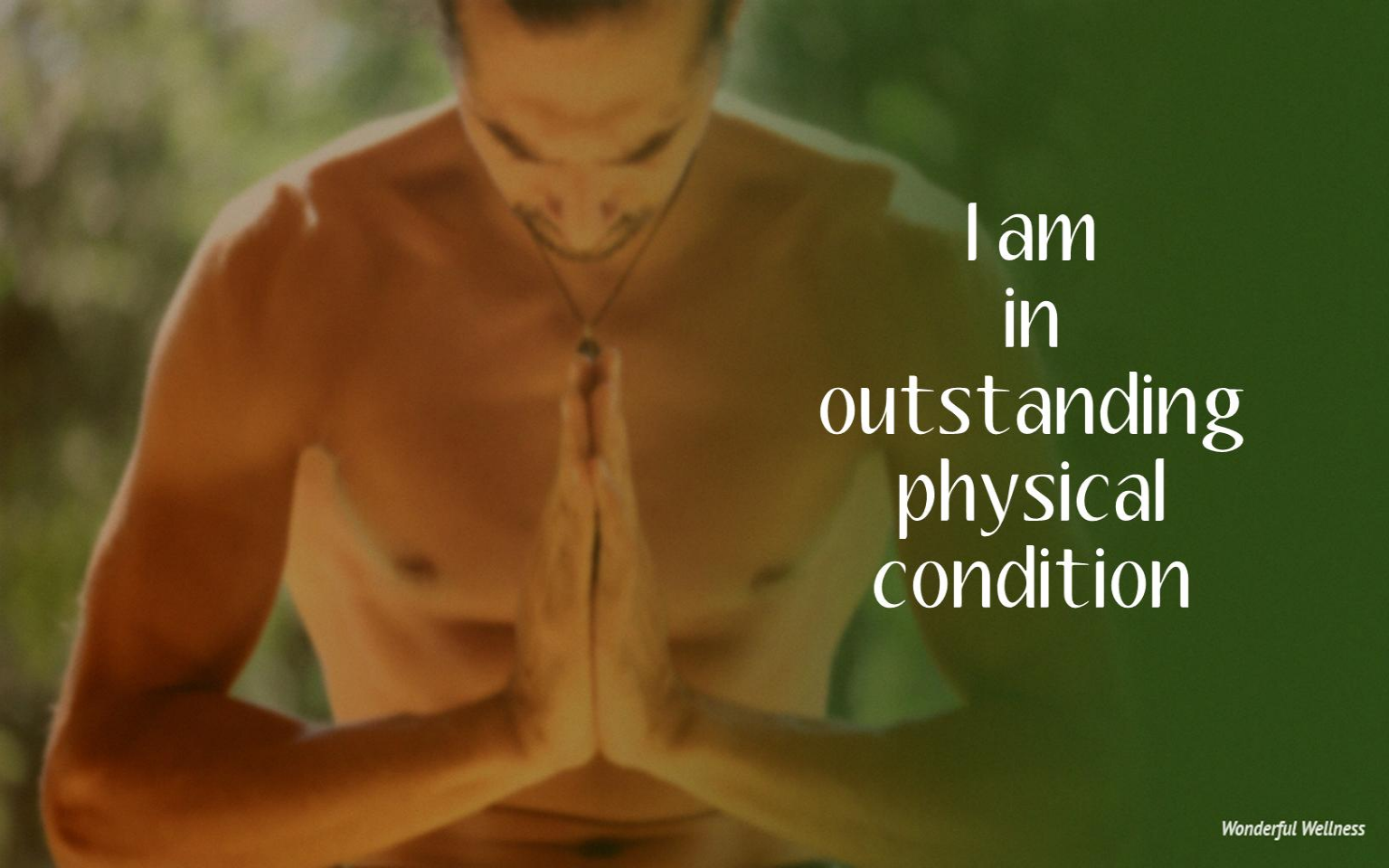


**Exercise
is a priority
for me**

Wonderful Wellness

A silhouette of a person with their arms raised in a field of tall grass, set against a bright, hazy sky. The person is positioned in the center of the frame, with their arms spread wide. The grass in the foreground is tall and appears to be blowing in the wind. The background shows a line of trees under a bright, overcast sky.

*I pay attention
to the ideas
that come to me*

A shirtless man is shown from the chest up, performing a prayer pose (Anjali Mudra) with his hands pressed together in front of his chest. He has his eyes closed and a serene expression. The background is a soft-focus green, suggesting an outdoor setting. The overall lighting is warm and natural. Overlaid on the right side of the image is the text "I am in outstanding physical condition" in a white, sans-serif font.

I am
in
outstanding
physical
condition



I easily visualize
a
healthy me



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright blue sky with sun rays emanating from behind the trees. The overall scene is bright and cheerful, suggesting a healthy and active lifestyle.

*I do
whatever it takes
to be
healthy & fit*

The secret of health
for
mind and body is to
live the present moment
wisely and earnestly

I eat
at
regular
rhythms

Wonderful Wellness by Kim Serafini



A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a bright sun creating a warm, golden glow. The overall mood is peaceful and serene.

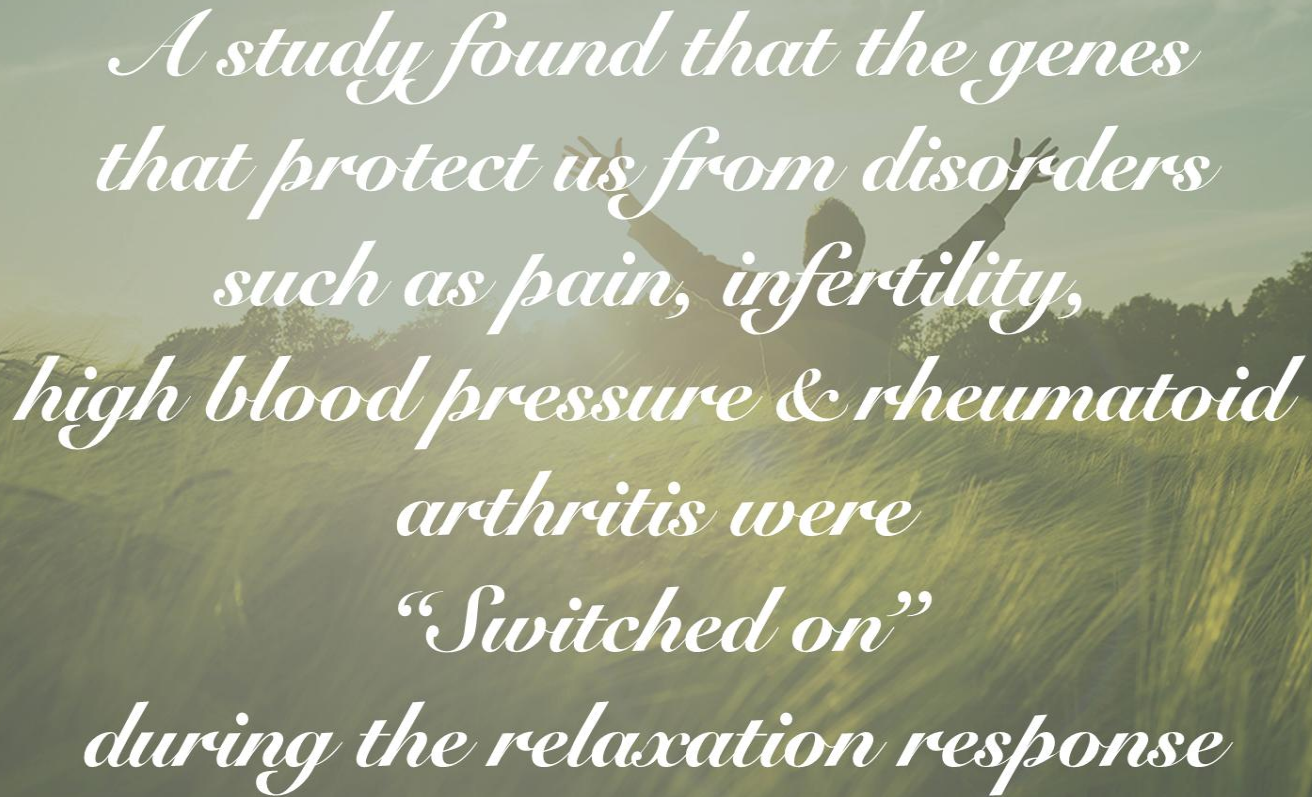
I am
incredibly
focused on
being fit

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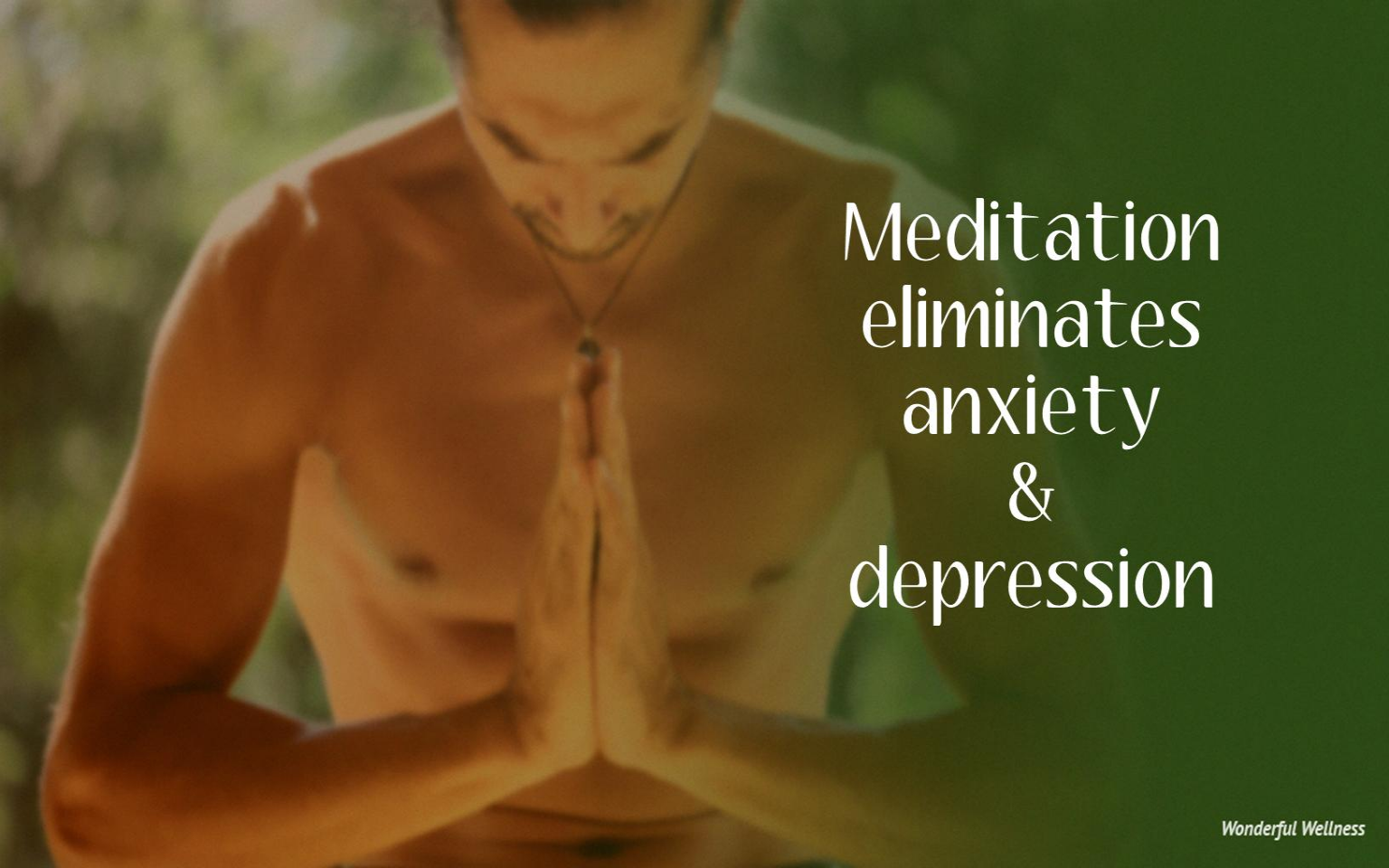


Active

Wonderful Wellness

A person is seen from behind, standing in a field of tall, golden-brown grass. Their arms are raised in the air, and they appear to be enjoying the view. The background shows a line of trees under a soft, hazy sky, suggesting a sunset or sunrise. The overall mood is peaceful and serene.

*A study found that the genes
that protect us from disorders
such as pain, infertility,
high blood pressure & rheumatoid
arthritis were
“Switched on”
during the relaxation response*

A shirtless man is shown from the chest up, sitting in a meditative posture. His hands are pressed together in a prayer position (Anjali Mudra) in front of his chest. He has his eyes closed and a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall lighting is warm and natural.

Meditation
eliminates
anxiety
&
depression




I soothe stress



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*Breathing
techniques
increase
breath control*

A soothing massage
helps
relieve stress

I live a
lifestyle that
embraces
good health

Wonderful Wellness by Kim Serafini



A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a warm, golden light, suggesting a sunrise or sunset. The overall mood is peaceful and serene.

Yoga increases **flexibility**

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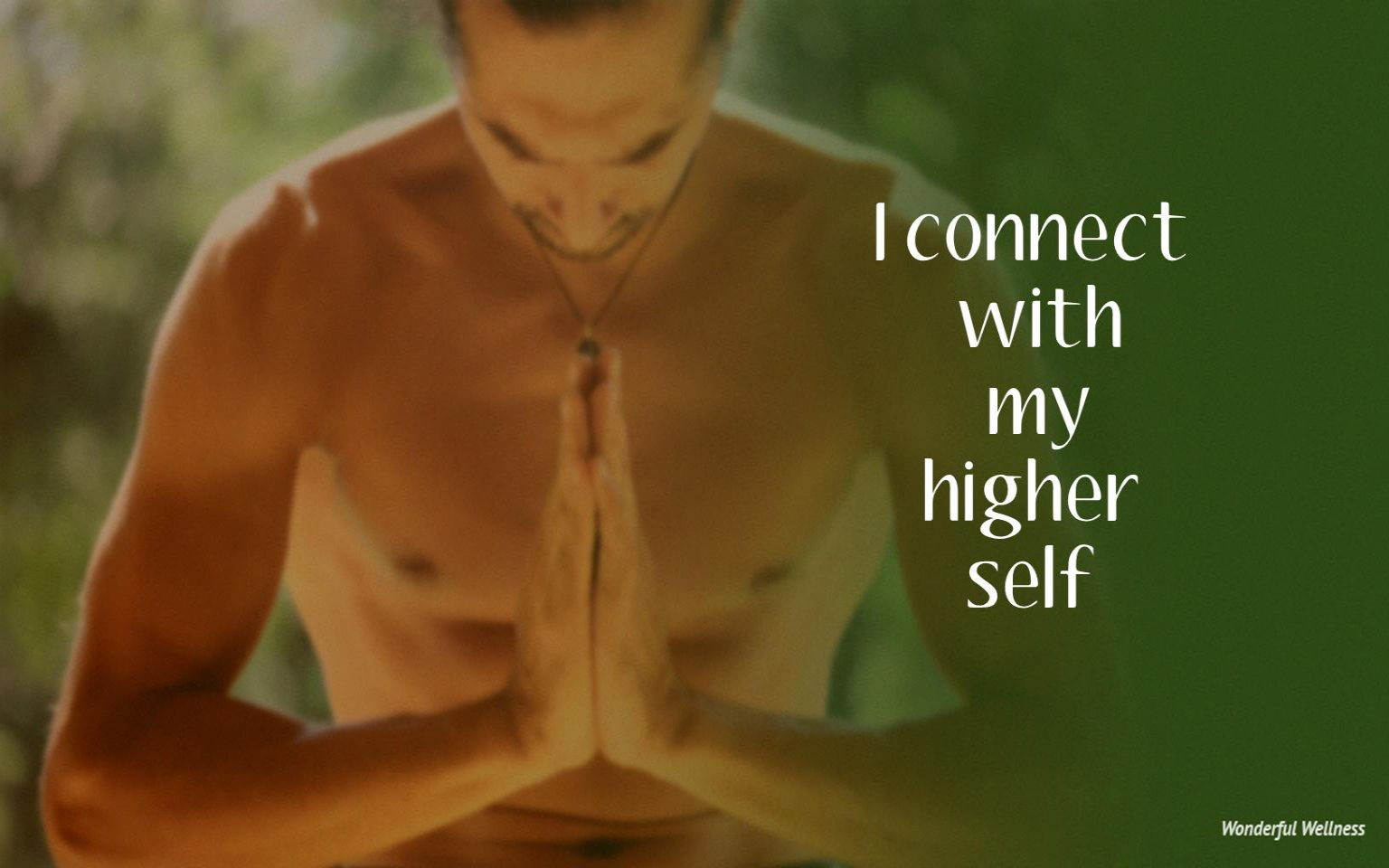


Awesome

Wonderful Wellness



*Full yoga sessions
include breath control practices,
relaxation & meditation*

A shirtless man is shown from the chest up, in a meditative pose. His hands are pressed together in a prayer position (Anjali Mudra) at chest level. He has his eyes closed and a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting. The lighting is warm and natural, highlighting the contours of his muscles.

I connect
with
my
higher
self



Life is simple



Wonderful Wellness by Kim Serafini

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A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned behind the trees, creating a warm, golden glow that radiates across the scene. The overall atmosphere is bright and energetic.


*Step
into your place
of
energy & vitality*

*A regular practice of yoga
can become a powerful discipline
for
achieving physical,
mental & emotional wellbeing*

I eat
healthy meals
regularly



Wonderful Wellness by Kim Serafini

A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus landscape of green trees and a bright sun, creating a warm, golden glow. The overall mood is peaceful and serene.

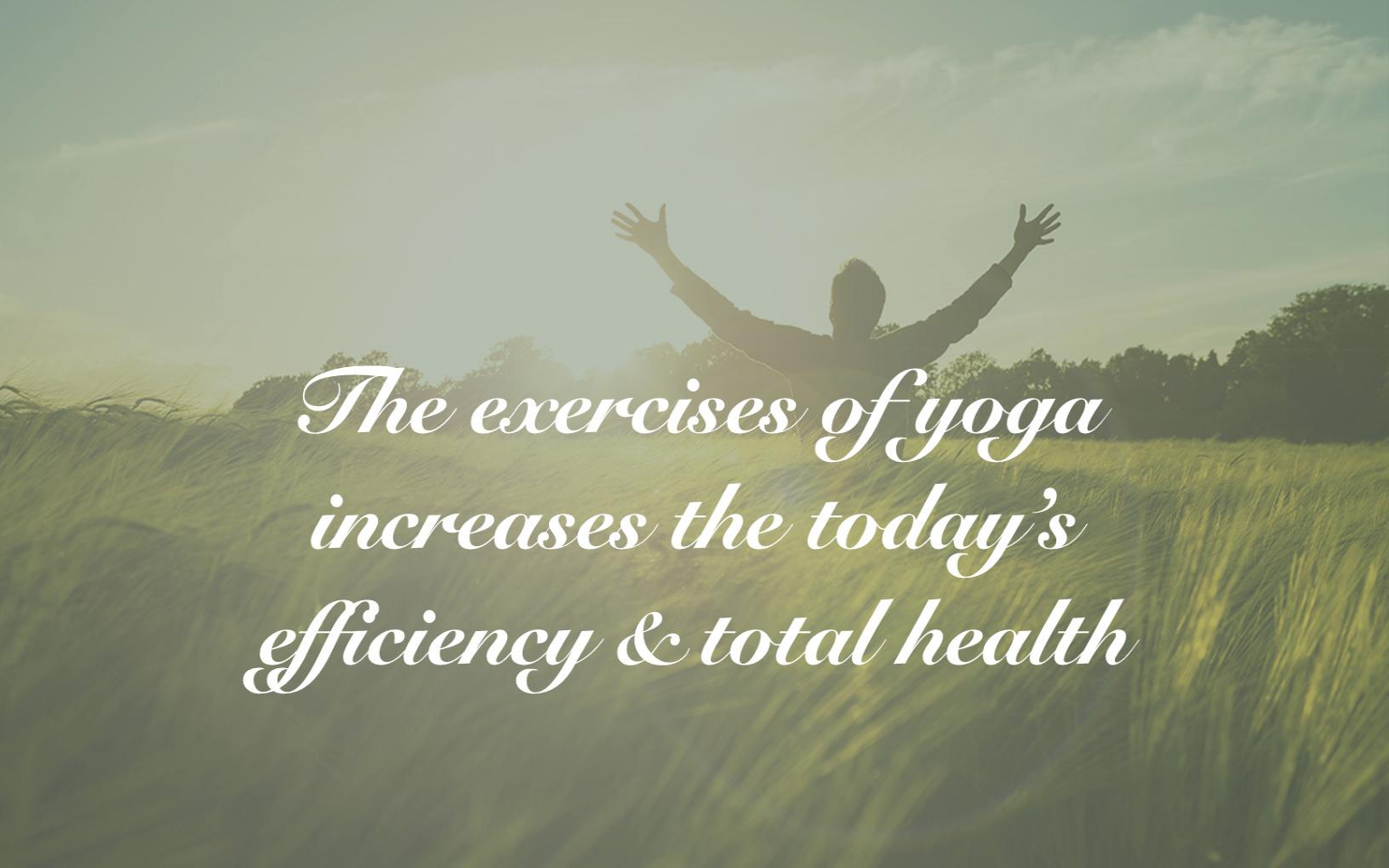
I clearly
see
heavenly
love

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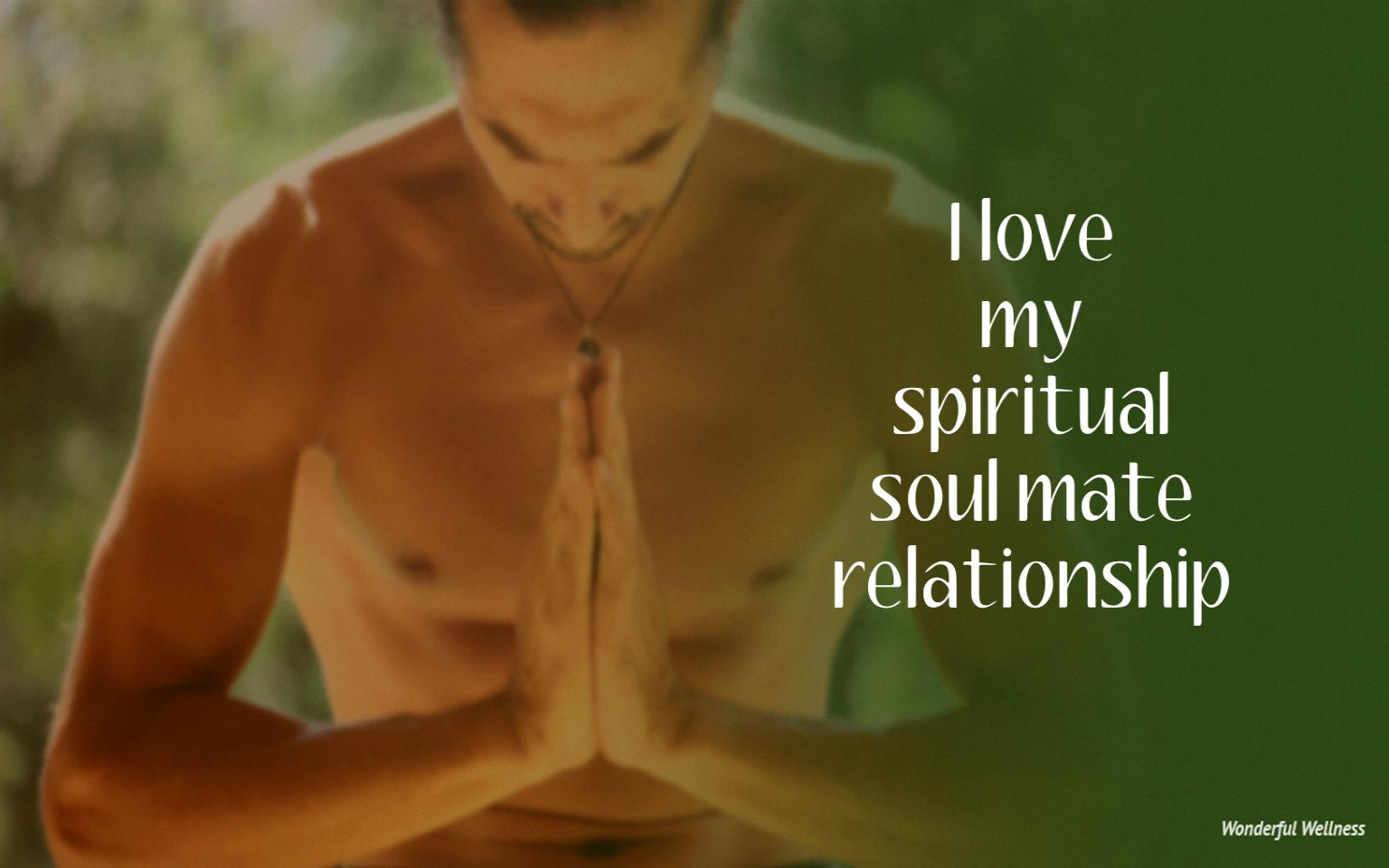
A photograph of an elderly woman with short, curly grey hair, smiling broadly. She is wearing a light blue, textured knit sweater and is leaning her arms on a grey stone ledge. The background is a soft-focus outdoor setting with green and autumn-colored foliage.

**I love
pumpkin
seeds!**

Wonderful Wellness

A person is shown in silhouette, performing a yoga pose with arms raised in a 'Urdhva Dhanurasana' (Upward Bow) position. They are standing in a field of tall, golden grasses. The background features a line of trees under a bright, hazy sky, suggesting a sunrise or sunset. The overall mood is peaceful and serene.

*The exercises of yoga
increases the today's
efficiency & total health*

A shirtless man is shown from the chest up, with his hands pressed together in a prayer position (Anjali Mudra). He has his eyes closed and a serene expression. The background is a soft-focus green, suggesting an outdoor setting. A semi-transparent green gradient is applied to the right side of the image, where the text is placed. The text is in a white, serif font.

I love
my
spiritual
soul mate
relationship



I am grateful
for
my health



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The image features a bright, sunny landscape. In the foreground, there is a lush green field. A dense line of trees and bushes runs across the middle ground. The sky is a clear, vibrant blue, with a bright sunburst effect emanating from the right side, casting rays of light across the scene. The overall mood is positive and uplifting.


*The feeling
of
vitality
arises within me*

A soothing massage
improves
rehabilitation after injury

I eat berries
every day



Wonderful Wellness by Kim Serafini

A woman with long dark hair is sitting in a lotus position on a grassy field. She is wearing a white sports bra and white pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green field with trees, and there is a warm, golden light on the left side, suggesting a sunrise or sunset.

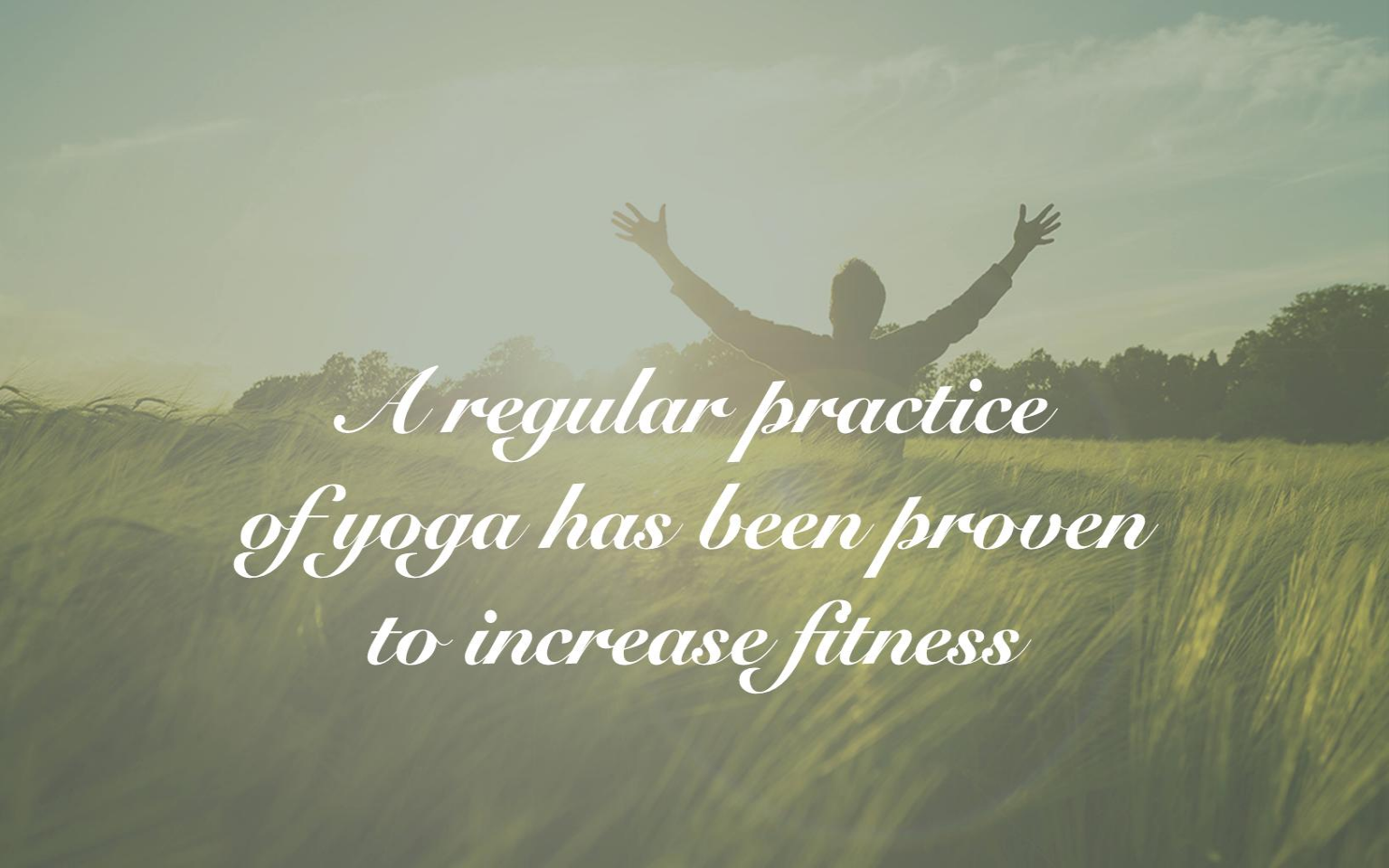
Yoga
improves
blood
circulation

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www.positiveprime.com



Ginger helps reduce flatulence

Wonderful Wellness

A person is silhouetted against a bright, hazy sky, standing in a field of tall, golden-brown grass. Their arms are raised in a wide 'V' shape, suggesting a yoga or fitness pose. The background shows a line of trees under a soft, overcast sky. The overall mood is peaceful and natural.

*A regular practice
of yoga has been proven
to increase fitness*

A shirtless man is shown from the chest up, with his hands pressed together in a prayer position (Anjali Mudra). He is looking down, and his expression is serene. The background is a soft-focus green, suggesting an outdoor setting. A semi-transparent green gradient is applied over the right side of the image, where the text is placed. The text is in a white, serif font.

I eat
good-quality
fat
at
every meal



I seek
guidance
from
the universe



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned on the right side, casting rays across the sky and illuminating the scene.


*Thank you
Universe
for my
healthy body*

A soothing massage
lowers
blood pressure

I make
healthy
choices



Wonderful Wellness by Kim Serafini

A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a warm, golden light, suggesting a sunrise or sunset. The overall mood is peaceful and serene.

I create
my optimal
healthy life

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**I am
refreshing
myself**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky at sunset or sunrise, with their arms raised in a gesture of joy or freedom. They are standing in a field of tall, golden-brown grass that is blowing in the wind. The background shows a line of trees under a sky with soft, wispy clouds. The overall mood is peaceful and refreshing.

*Ginger cleanses the palate
and
leaves your breath
feeling refreshed*

A shirtless man is shown from the chest up, sitting in a meditative pose with his hands clasped together in a prayer position (Anjali Mudra). He has his eyes closed and a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall lighting is warm and natural.

Mediation
promotes
an
improved & lasting
sense of
well-being



I lovingly
guide
others



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A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned on the right side, casting rays across the sky and illuminating the scene.

*Good health
attracts
more
good health*

Yoga means
“To join or yoke together”

Eat breakfast



Wonderful Wellness by Kim Serafini

A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a bright sun creating a warm, golden glow. The overall mood is peaceful and serene.

I am a
fitness
magnet

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**I am
always
healthy**

Wonderful Wellness

A silhouette of a person with their arms raised in a field of tall grass at sunset. The person is centered in the upper half of the frame, with their arms spread wide. The background shows a line of trees and a sky with soft, golden light. The foreground is filled with tall, golden grasses that are slightly out of focus.

*Long-term benefits of yoga
include reduced
back pain & improved posture*

A shirtless man is shown from the chest up, sitting in a meditative pose. His hands are pressed together in a prayer position (Anjali Mudra) in front of his chest. He has his eyes closed and a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall lighting is warm and natural.

Regular
meditation
significantly
lowers
cortisol levels



I listen
to other
people's
opinions



Wonderful Wellness by Kim Serafini

www.positiveprime.com

The background of the image is a bright, sunny landscape. In the foreground, there is a lush green field. A dense line of trees and bushes runs across the middle ground. The sky is a clear, bright blue, with a prominent sunburst effect emanating from the right side, creating a warm, golden glow. The text is centered in the upper half of the image, written in a green, italicized font.


*I do
physical activity
that
appeals to me*

A state of deep relaxation
can only be found in learning
specific techniques
such as guided
imagery & meditation

I feed
my body
only
nutritious food

Wonderful Wellness by Kim Serafini



A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green field with trees, and the lighting is warm and golden, suggesting a sunrise or sunset. The overall mood is peaceful and serene.

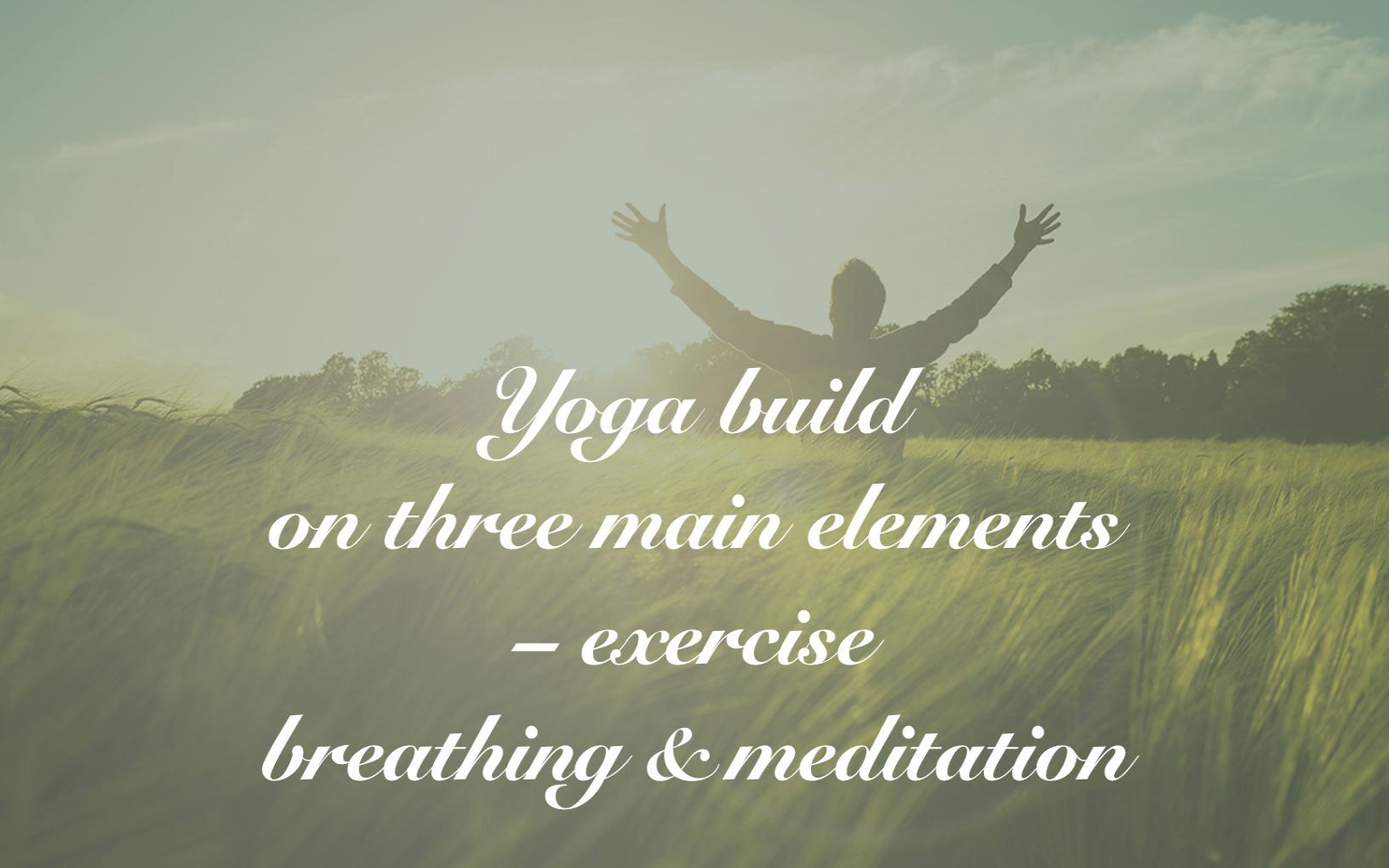
I am
revitalizing
myself

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**Avocados
are great
quality fats**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky, performing a yoga pose with arms raised. They are standing in a field of tall, golden grasses. The background shows a line of trees under a soft, glowing light, suggesting dawn or dusk.

*Yoga build
on three main elements
– exercise
breathing & meditation*

A shirtless man is shown from the chest up, in a meditative or prayerful pose. His hands are clasped together in front of his chest in a traditional Anjali mudra. He has his eyes closed and a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor natural setting. The lighting is warm and natural, highlighting the contours of his muscles.

I love
to
commune
with
nature



My heart is healing



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned on the right side, casting rays of light across the scene.

*Health
&
wellbeing
radiate from me*

Wonderful Wellness

Meditation has been found
to improve DHEA,
human growth hormone & melatonin,
all of which help our bodies
fight aging

Ginger helps
maintain
normal blood
circulation


Wonderful Wellness by Kim Serafini



A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green landscape with trees, and there is a warm, golden light on the left side, suggesting a sunrise or sunset. The overall mood is peaceful and serene.


I have
crystal clear
intentions

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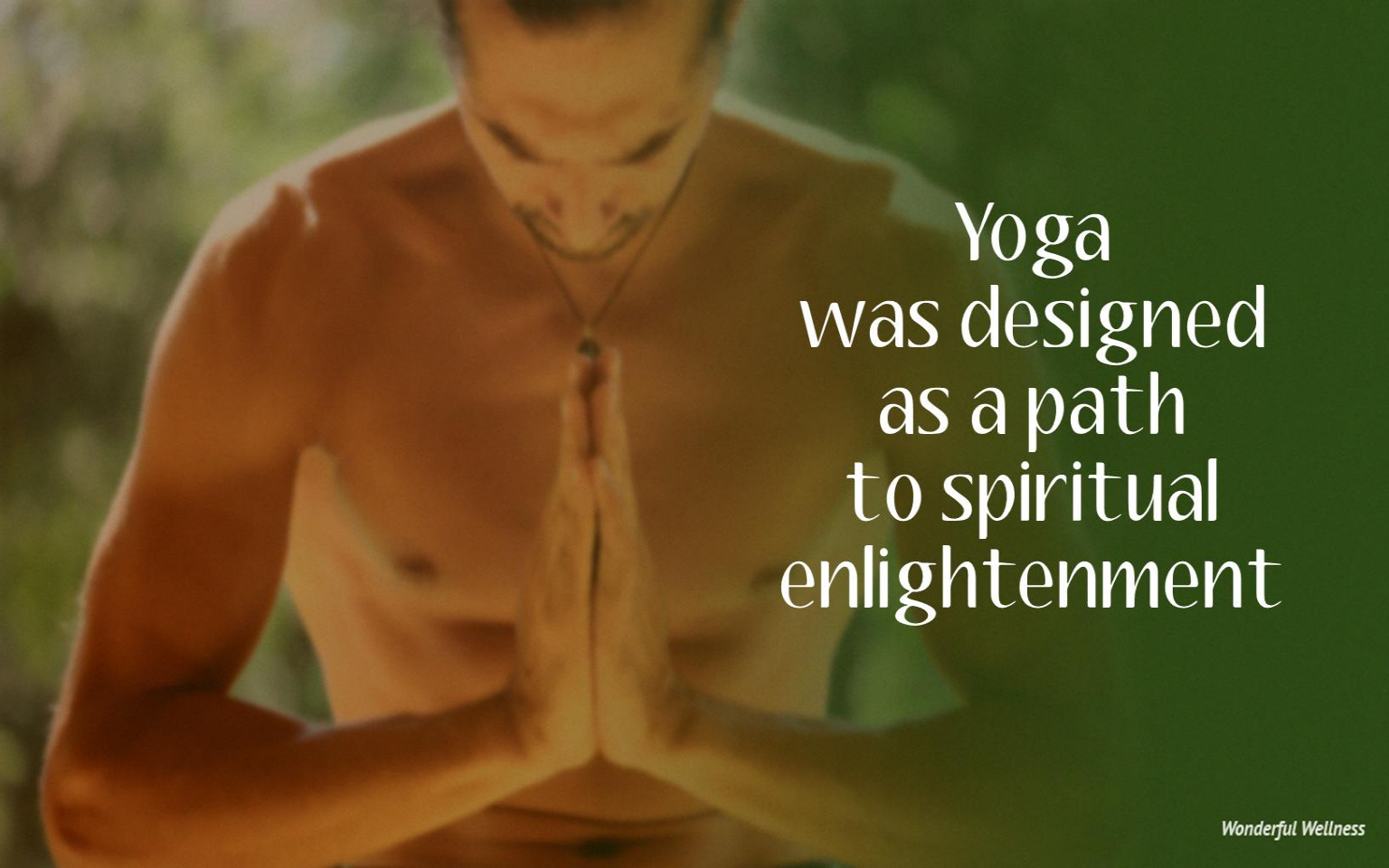


**I take
pleasure
in my own
solitude**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky, standing in a field of tall grass with their arms raised in a gesture of triumph or joy. The background shows a line of trees under a soft, overcast sky.

*A regular practice
of yoga has been proven
to normalize blood pressure*

A shirtless man is shown from the chest up, in a meditative pose. His hands are pressed together in a prayer position (Anjali Mudra) at chest level. He has his eyes closed and a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall lighting is warm and natural.

Yoga
was designed
as a path
to spiritual
enlightenment



I spend
quality time
with friends



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A bright, sunny landscape with a green field, a line of trees, and a blue sky with sun rays. The sun is low on the horizon, creating a strong lens flare effect that radiates across the sky. The foreground is a lush green field, and the middle ground is a dense line of trees. The sky is a clear, vibrant blue.

*I enjoy
walking
in
the park*

Being entirely honest
with yourself
is a good exercise

– Sigmund Freud

Ginger
clears the
microcirculatory
channels
of the body



Wonderful Wellness by Kim Serafini

A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a bright sun creating a warm, golden glow. The overall mood is peaceful and serene.

I enjoy
sleeping

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Fabulous

Wonderful Wellness

A person is silhouetted against a bright, hazy sky, standing in a field of tall, golden grass. Their arms are raised in a gesture of triumph or joy. The scene is captured during the golden hour, with soft light filtering through the clouds and grass.

*I move through each day
with an
abundance of energy*

A shirtless man is shown from the chest up, sitting in a meditative pose. His hands are pressed together in a prayer position (Anjali Mudra) at chest level. He has his eyes closed and a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall lighting is warm and natural.

Regular
meditation
gives rise
to increased
self-awareness




I learn my lessons



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned on the right side, casting rays of light across the scene.

*I move
through life
with
grace & ease*

Thinking is like exercise,
it requires
consistency & rigor

– Oliver DeMille

Eggs are a
great source
of
protein

Wonderful Wellness by Kim Serafini



A woman with long dark hair is sitting in a meditative lotus position on a grassy field. She is wearing a white sports bra and white pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus landscape of green trees and a bright sun, creating a warm, golden glow. The overall mood is peaceful and serene.

I spend
time
outdoors

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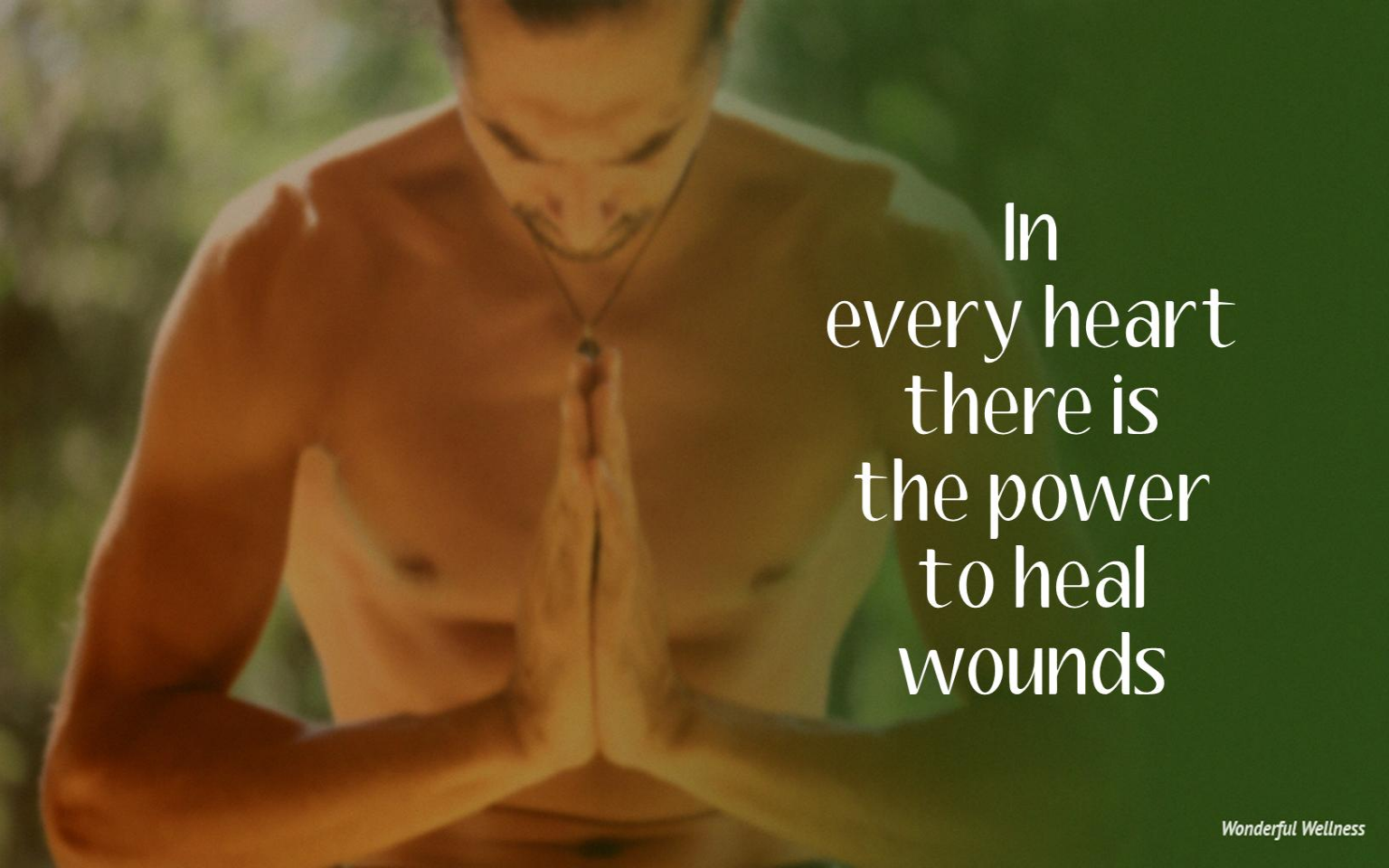


**I love
walking**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky, standing in a field of tall, golden grass. Their arms are raised in a gesture of joy or triumph. The scene is captured during the golden hour, with soft light filtering through the clouds and grass. The overall mood is one of peace, energy, and connection with nature.

*I start each day
with an
abundance of energy*

A shirtless man is shown from the chest up, in a meditative or prayerful pose. His hands are clasped together in front of his chest, and his eyes are closed. He is wearing a thin necklace. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall mood is peaceful and contemplative.

In
every heart
there is
the power
to heal
wounds




Every
experience
is a gift



Wonderful Wellness by Kim Serafini

www.positiveprime.com




*I am
incredibly focused
on
being healthy*

A soothing massage
strengthens
the immune system

My diet
is high
in
Vitamin D

Wonderful Wellness by Kim Serafini



A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green field with trees, and the lighting is warm and golden, suggesting a sunrise or sunset. The overall mood is peaceful and serene.


I am
connecting
with
nature

Wonderful Wellness by Kim Serafini
www.positiveprime.com




**I love
whole
eggs**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky, standing in a field of tall grass with their arms raised in a gesture of triumph or joy. The background shows a line of trees under a soft, golden light.

*A regular practice
of yoga encourages effort,
intelligence & accuracy*

A shirtless man is shown from the chest up, sitting in a meditative posture. His hands are pressed together in a prayer position (Anjali Mudra) at chest level. He has his eyes closed and a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall lighting is warm and natural.

Meditation
lowers
blood
pressure




Step into your greatness



Wonderful Wellness by Kim Serafini

www.positiveprime.com



*My body
is a
hormonal
clock*

A soothing massage
improves
circulation

Eating
fresh ginger
just before lunch
stokes a dull
appetite



Wonderful Wellness by Kim Serafini

A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a warm, golden light, suggesting a sunrise or sunset. The overall mood is peaceful and serene.


I am getting
better
quality sleep

Wonderful Wellness by Kim Serafini
www.positiveprime.com

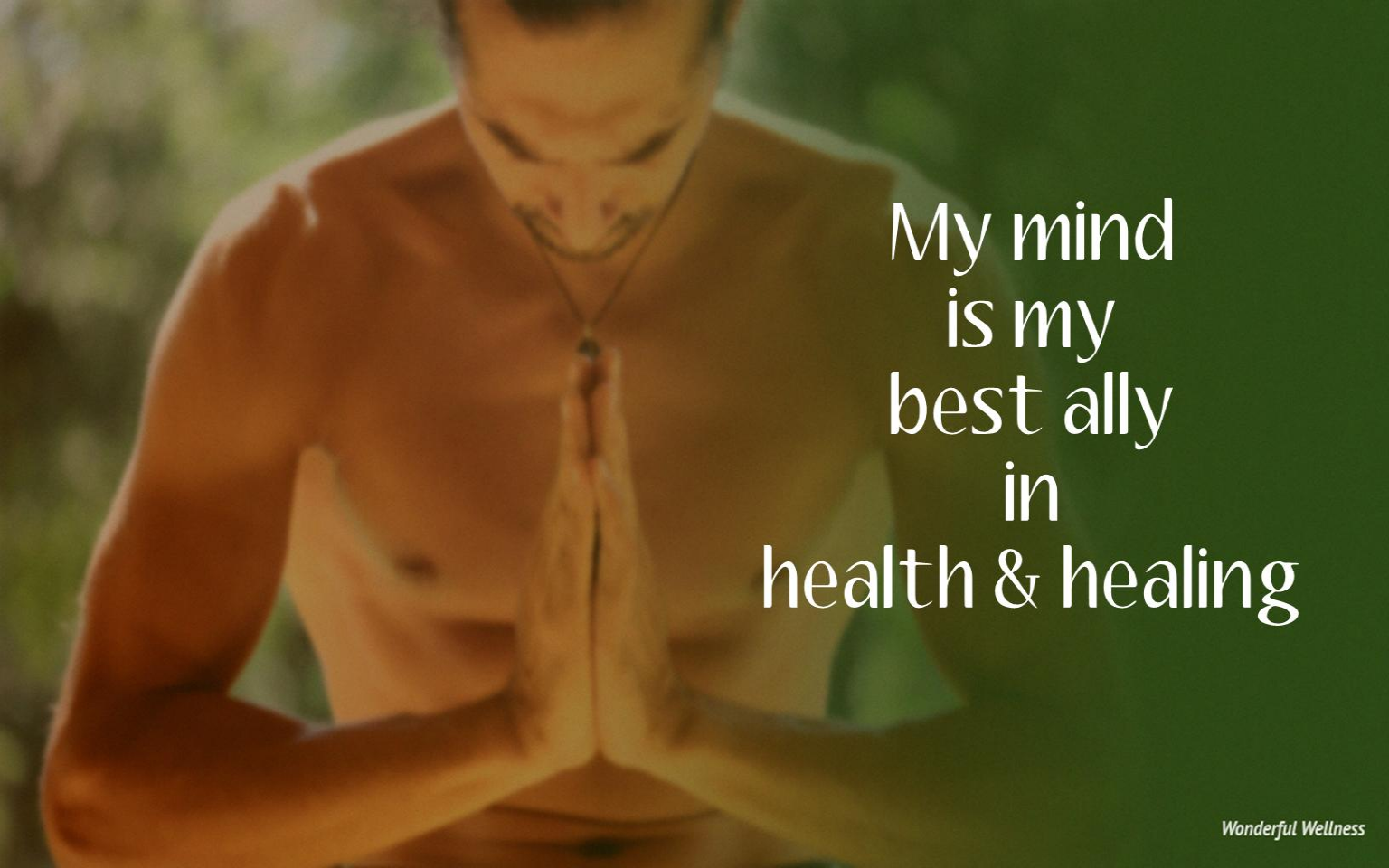


Slim

Wonderful Wellness

A silhouette of a person with their arms raised in a field of tall grass, set against a bright, hazy sky. The person is positioned in the center of the frame, with their arms spread wide. The grass in the foreground is tall and appears to be blowing in the wind, creating a sense of movement. The background shows a line of trees under a bright, overcast sky.

*I focus with
laser-like intensity
on
nutrition & exercising*

A shirtless man is shown from the chest up, in a meditative pose with his hands pressed together in a prayer position (Anjali Mudra). He is looking down with a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall tone is warm and peaceful.

My mind
is my
best ally
in
health & healing



All
is
well



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A bright sun rising over a green field with rays of light shining through the sky. The sun is positioned in the upper right quadrant, casting a warm glow and creating a lens flare effect. The sky is a clear, vibrant blue, and the field below is a lush green. A line of trees and bushes is visible in the distance, silhouetted against the bright light of the sun.

*Eggs
are a great
source of protein*

A soothing massage
promotes
deeper & easier
breathing

I love
whole eggs



Wonderful Wellness by Kim Serafini

A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a bright sun creating a warm, golden glow. The overall mood is peaceful and serene.

I exercise
everyday

Wonderful Wellness by Kim Serafini
www.positiveprime.com



**I love
chia
seeds!**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky, standing in a field of tall grass. Their arms are raised in a 'V' shape, suggesting a yoga or meditation pose. The background shows a line of trees under a cloudy sky.

*A regular practice
of yoga produces
many health benefits*



Ginger cleanses
the palate
and
leaves your breath
feeling refreshed



I push
my own
pause button



Wonderful Wellness by Kim Serafini

www.positiveprime.com

The background of the image is a bright, sunny landscape. A clear blue sky occupies the upper half, with a prominent sunburst effect radiating from the right side. Below the sky is a dense line of green trees and bushes. In the foreground, a lush green field stretches across the bottom. The overall mood is positive and energetic.

*I am
incredibly fit,
focused & fabulous*

I deeply respect my body
and
take excellent care of it

Avocados
are great
quality fats



Wonderful Wellness by Kim Serafini

A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a bright sun creating a warm, golden glow. The overall mood is peaceful and serene.

I enjoy
exercising
my body

Wonderful Wellness by Kim Serafini
www.positiveprime.com



I soothe
stress

Wonderful Wellness

A person is silhouetted against a bright, hazy sky at sunset or sunrise, standing in a field of tall, golden grass. Their arms are raised in a gesture of triumph or joy. The background shows a line of trees under a sky with soft, wispy clouds. The overall mood is one of inspiration and achievement.

*Motivation
is what gets you started.
Habit
is what keeps you going.*

A shirtless man is shown from the chest up, in a meditative pose with his hands clasped in a prayer position (Anjali Mudra). He is looking down, and his eyes are closed. The background is a soft, out-of-focus green, suggesting an outdoor setting. A semi-transparent green gradient is applied over the right side of the image, where the text is located. The text is white and reads "Meditation quiets 'Mind Chatter'".

Meditation
quiets
“Mind Chatter”




New insights flood my mind daily



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a bright sunburst effect over a green field and a line of trees. The sun is positioned behind a dense line of green trees, creating a strong lens flare and illuminating the scene with a warm, golden light. The sky is a clear, bright blue. The foreground is a lush green field, possibly a meadow or a field of wildflowers, with some faint tracks visible. The overall mood is bright, cheerful, and natural.

*I love
drinking
delicious water*

Wonderful Wellness


Fit is not a destination
it is a way
of life

– ClubFitness

Ginger tea
is said to ease
headaches
&
sore throats



Wonderful Wellness by Kim Serafini

A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a bright sun creating a warm, golden glow. The overall mood is peaceful and serene.

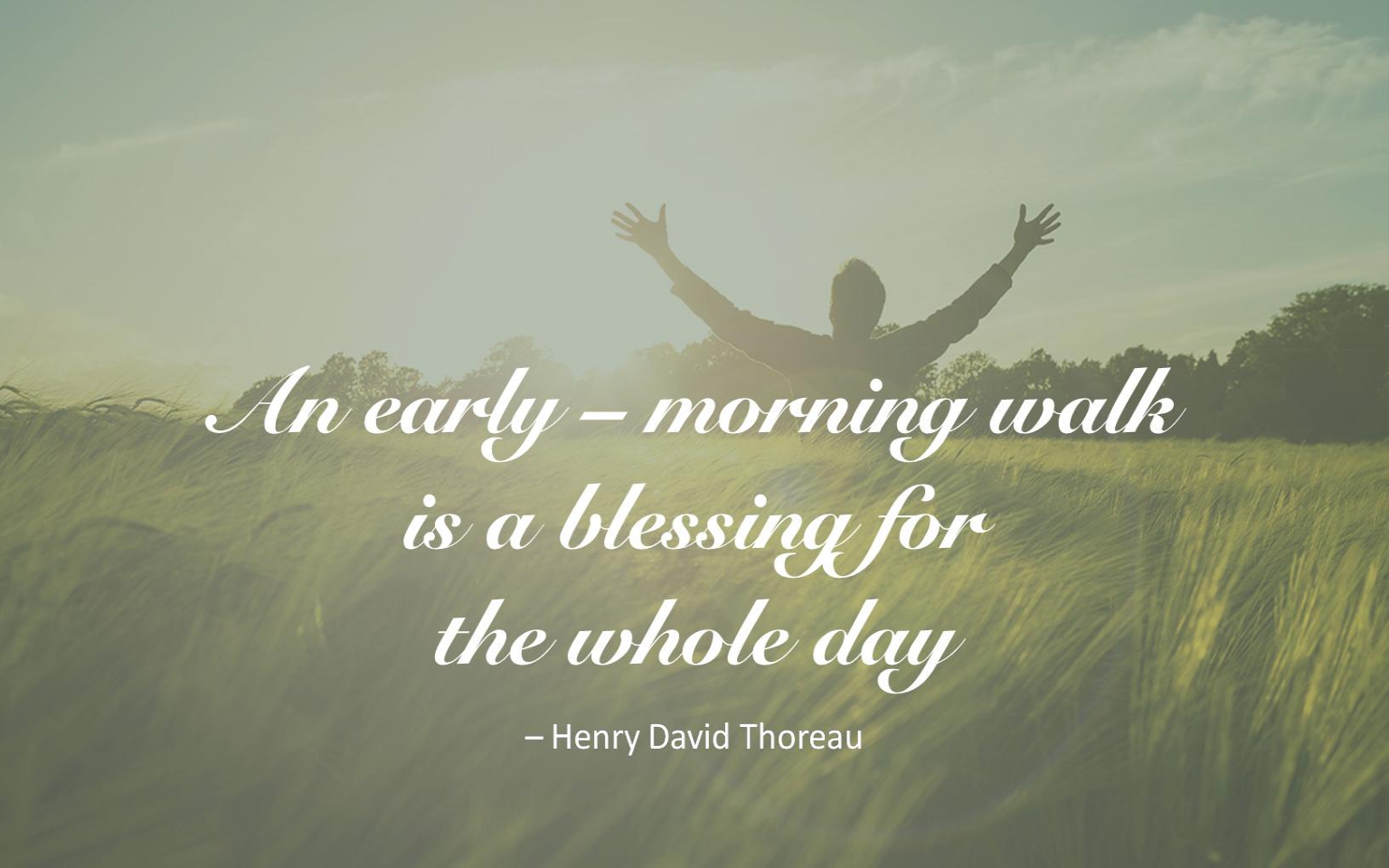
I push
my own
pause button

Wonderful Wellness by Kim Serafini
www.positiveprime.com



**I enjoy
walking**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky at sunrise or sunset. The person's arms are raised in a gesture of joy or awe. They are standing in a field of tall, golden grasses that are blowing in the wind. In the background, there is a line of trees. The overall mood is peaceful and inspirational.

*An early – morning walk
is a blessing for
the whole day*

– Henry David Thoreau

A shirtless man is shown from the chest up, in a meditative or prayerful pose. His hands are clasped together in front of his chest in a traditional Anjali mudra. He has his eyes closed and a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting with foliage. The overall lighting is warm and natural, highlighting the man's physique.

Ginger & honey
help overcome
feelings
of nausea
&
airsickness



Yoga is calming



Wonderful Wellness by Kim Serafini

www.positiveprime.com




*I make smart,
calculated plans
for
my future*

A soothing massage
relieves
headaches

Ginger's
health
benefits
are simply
stunning



Wonderful Wellness by Kim Serafini

A woman with long dark hair is sitting in a lotus position on a grassy field. She is wearing a white sports bra and white pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green field with trees, and the lighting is warm and golden, suggesting a sunrise or sunset. The overall mood is peaceful and serene.


I understand
the hidden
blessings

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www.positiveprime.com

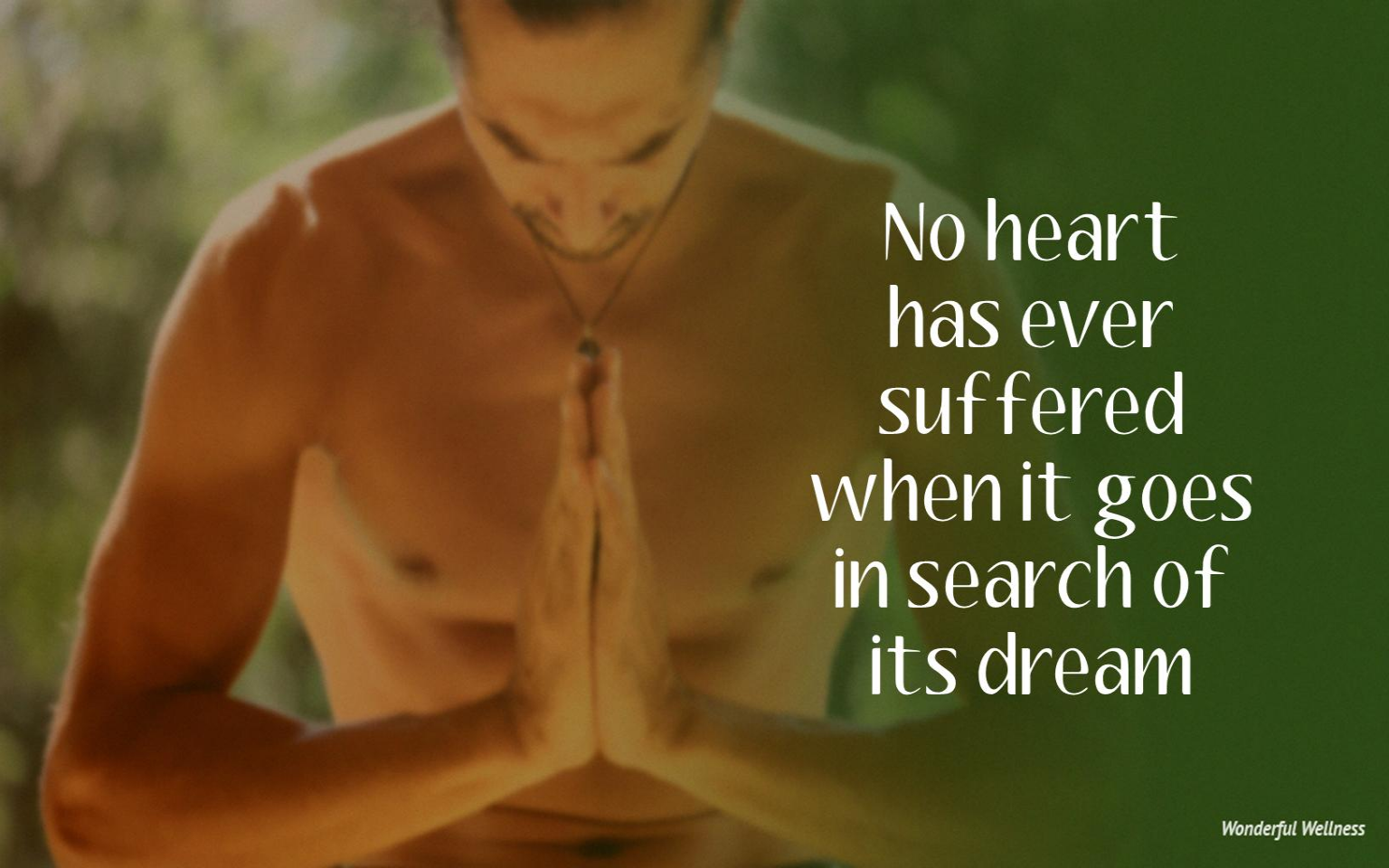


**I rest
well**

Wonderful Wellness

A silhouette of a person with their arms raised in a field of tall grass under a cloudy sky. The person is standing in the middle ground, with their arms outstretched upwards. The foreground is filled with tall, golden-brown grasses that are slightly out of focus. The background shows a line of trees and a sky with soft, white clouds. The overall mood is peaceful and uplifting.

*Increased breath control
improves the health & function
of body & mind*

A shirtless man is shown from the chest up, with his hands clasped in a prayer position (Anjali Mudra) in front of his chest. He has his eyes closed and a serene expression. The background is a soft-focus green, suggesting an outdoor setting. A semi-transparent green gradient is applied to the right side of the image, where the text is placed. The text is in a white, serif font.

No heart
has ever
suffered
when it goes
in search of
its dream

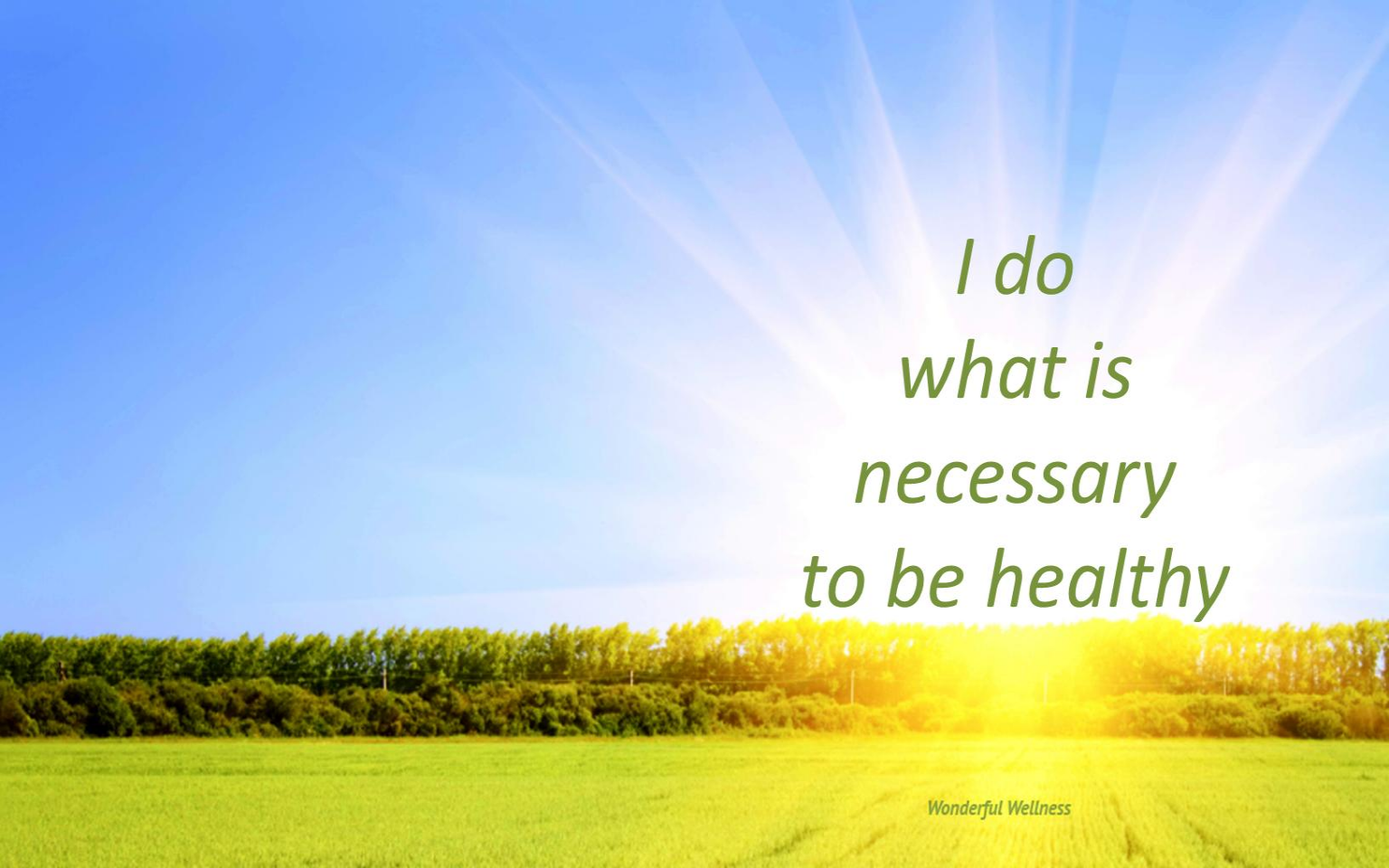


I spend
quality time
with family



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned on the right side, casting rays across the sky and illuminating the scene.

*I do
what is
necessary
to be healthy*

Ginger helps
maintain
normal
blood circulation

Ginger tea
acts as a
natural
diuretic

Wonderful Wellness by Kim Serafini



A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a warm, golden light, suggesting a sunrise or sunset. The overall mood is peaceful and serene.

I am clear
about
what I desire

Wonderful Wellness by Kim Serafini
www.positiveprime.com



**I eat
berries
everyday**

Wonderful Wellness

A silhouette of a person with their arms raised in a field of tall grass, set against a bright, hazy sky. The person is positioned in the center of the frame, with their arms spread wide. The grass in the foreground is tall and appears to be blowing in the wind. The background shows a line of trees under a bright, overcast sky.

*A soothing massage
enhances post-operative
rehabilitation*

A shirtless man is shown from the chest up, in a meditative or prayerful pose with his hands clasped together in front of his chest. He is looking down. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall tone is warm and serene.

Ginger
essential oil
in your bath
helps aching
muscles & joints



I stand up
for my
beliefs



Wonderful Wellness by Kim Serafini

www.positiveprime.com




*Eggs help
to
balance
your blood sugar*

I eat lots of vegetables
to
balance
my blood sugar

My diet
is high in
Omega-3 fats
(fish oils)

Wonderful Wellness by Kim Serafini



A woman with long dark hair is sitting in a lotus position on a grassy field. She is wearing a white sports bra and white pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green field with trees, and there is a warm, golden light on the left side, suggesting a sunrise or sunset.

Relaxation is linked to meditation & yoga

Wonderful Wellness by Kim Serafini
www.positiveprime.com



Eat breakfast

Wonderful Wellness

A person is silhouetted against a bright, hazy sky at sunset or sunrise. They are standing in a field of tall, golden-brown grass that is blowing in the wind. The person's arms are raised high in the air, palms facing forward, in a gesture of joy or triumph. The background shows a line of dark trees under a sky with soft, wispy clouds. The overall mood is peaceful and uplifting.

*I nourish my body
with regular
physical activity*

A shirtless man is shown from the chest up, in a meditative pose with his hands pressed together in a prayer position (Anjali Mudra). He is looking down. The background is a soft-focus green, suggesting an outdoor setting. A semi-transparent green gradient is applied to the right side of the image, where the text is placed.

Ginger improves
the absorption
&
assimilation of
essential nutrients
in the body

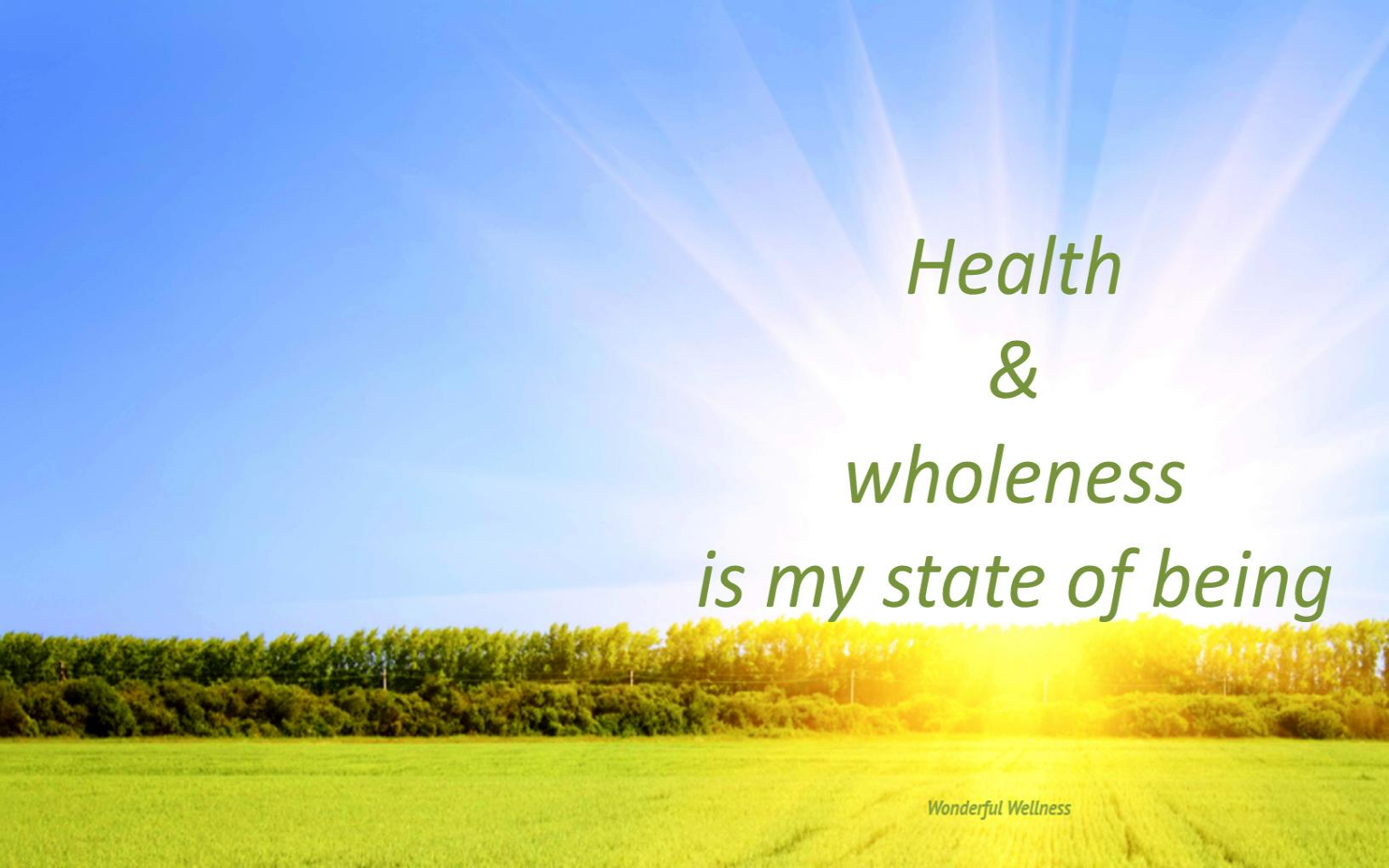


My true nature
is
health & wholeness



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned behind the text, creating a glowing effect.


*Health
&
wholeness
is my state of being*

A soothing massage
improves
flexibility & range
of motion

It is easy
to
experience
optimal health

Wonderful Wellness by Kim Serafini



A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with trees and a bright sun creating a warm, golden glow. The text 'Yoga brings your body & mind together' is overlaid on the right side of the image in a large, white, sans-serif font.

Yoga
brings your
body & mind
together

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www.positiveprime.com

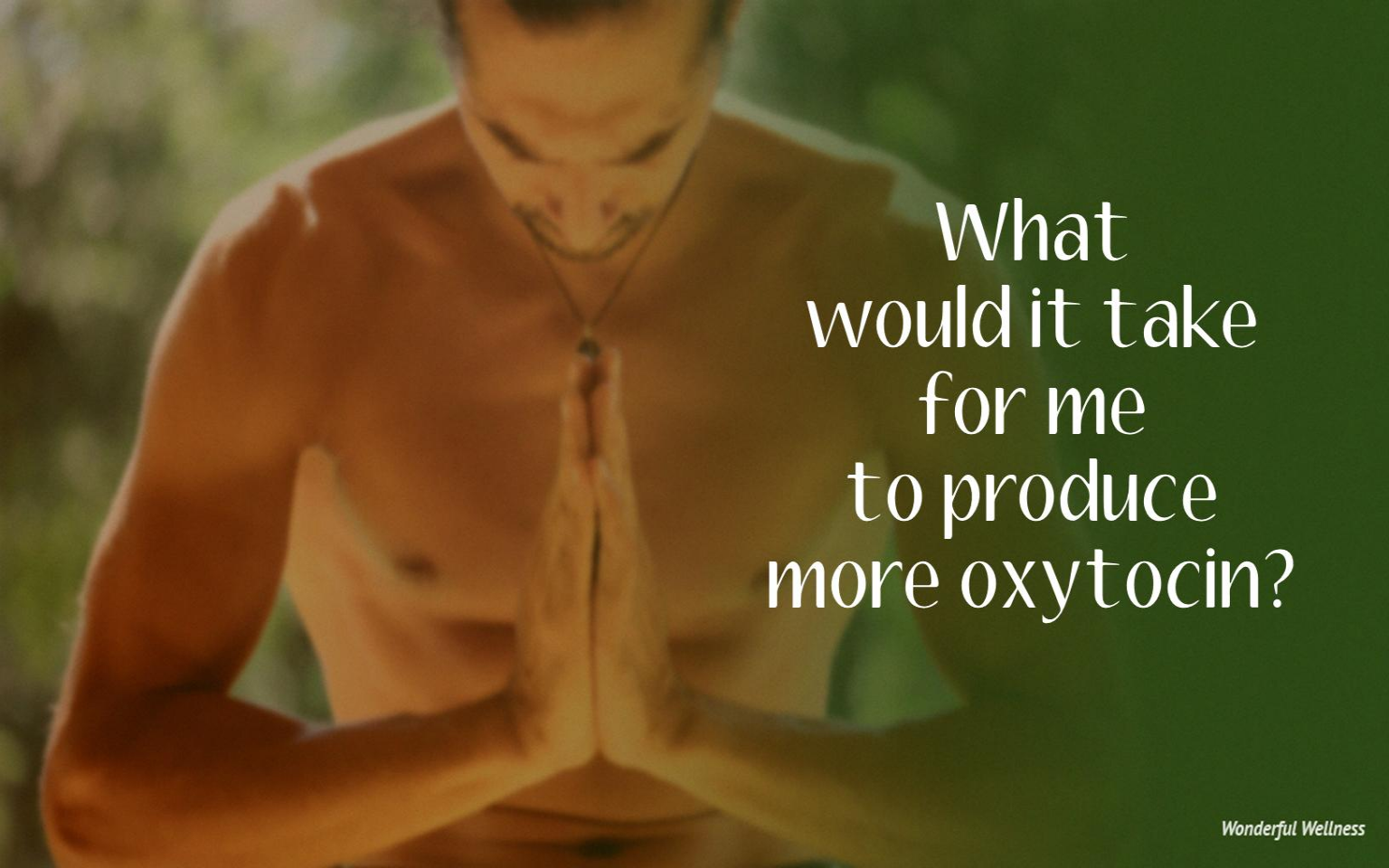


**I enjoy
sleeping**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky, standing in a field of tall, golden-brown grass. Their arms are raised high in the air, palms facing forward, in a gesture of joy or triumph. The background shows a line of trees under a sky filled with soft, white clouds. The overall mood is peaceful and uplifting.

*Good health
invigorates me as it flows
through my body*

A shirtless man is shown from the chest up, in a meditative pose with his hands clasped in a prayer position (Anjali Mudra). He is looking down, and his expression is serene. The background is a soft-focus green, suggesting an outdoor setting. A semi-transparent green gradient is applied to the right side of the image, where the text is placed. The text is in a white, serif font.

What
would it take
for me
to produce
more oxytocin?



I am about self-care



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned on the right side, casting rays across the sky and illuminating the scene.


*I respect
myself
with
sleep*

The state of relaxation
is linked to higher levels
of feel-good chemicals
such as serotonin

I enjoy a
protein
breakfast
everyday

Wonderful Wellness by Kim Serafini



A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green field with trees, and the lighting is warm and golden, suggesting a sunrise or sunset. The overall mood is peaceful and serene.

I receive
the help
I need

Wonderful Wellness by Kim Serafini
www.positiveprime.com



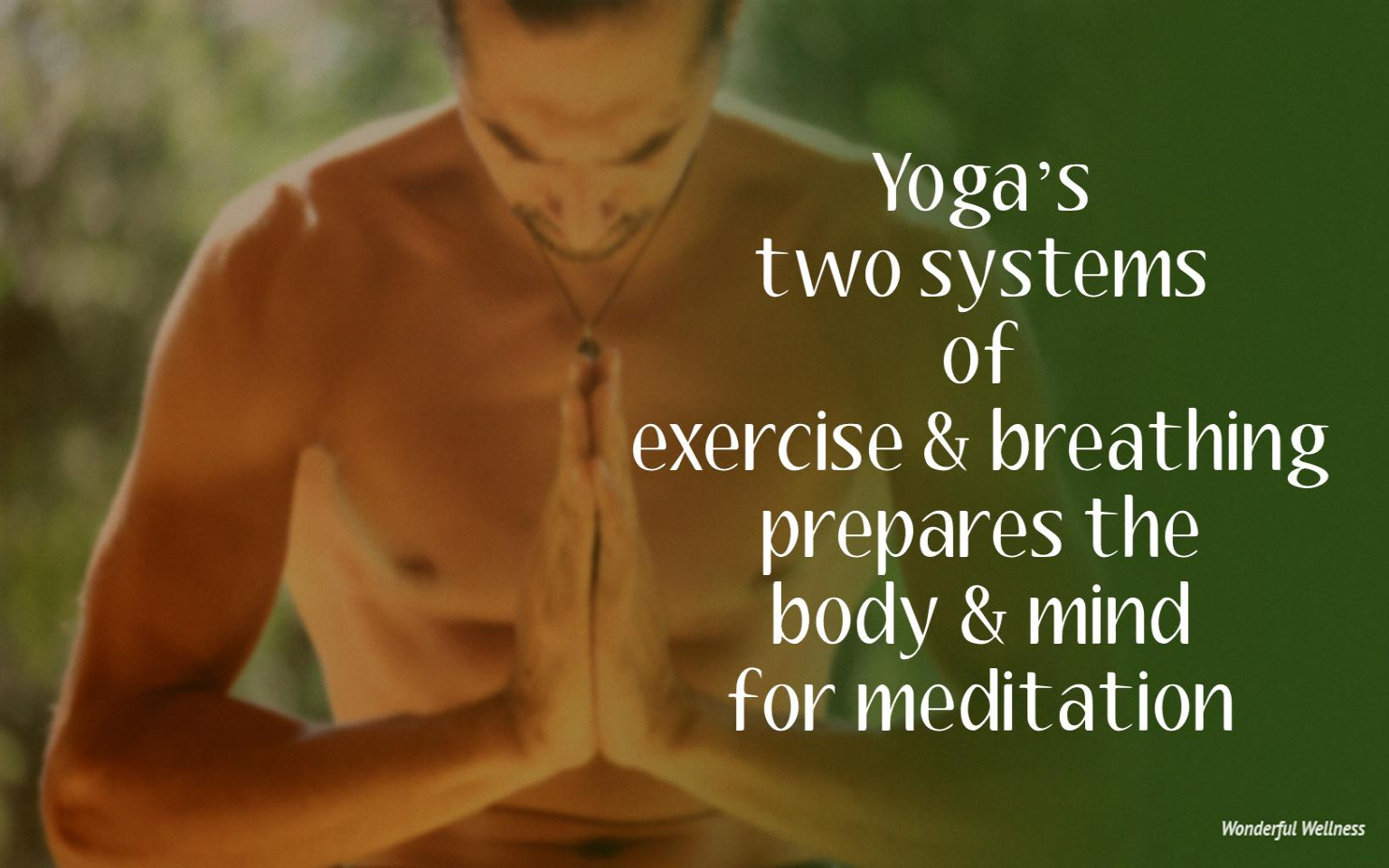
**I move
through life
gracefully**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky at sunset or sunrise. They are standing in a field of tall, golden-brown grass that is blowing in the wind. The person's arms are raised high in the air, palms facing forward. The background shows a line of trees under a sky with soft, wispy clouds. The overall mood is one of triumph and freedom.

*Energy & persistence
conquer all things*

– Benjamin Franklin

A shirtless man is shown from the chest up, sitting in a meditative pose. His hands are pressed together in a prayer position (Anjali Mudra) at his chest level. He has his eyes closed and a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting with foliage. The lighting is warm and natural, highlighting the contours of his muscles.

Yoga's
two systems
of
exercise & breathing
prepares the
body & mind
for meditation




I receive
with
grace



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned behind the trees, creating a warm, golden glow that radiates across the scene. The overall atmosphere is bright and uplifting.

*I know
I am supported
by
the universe*

The study showing
that deep relaxation
changes our bodies on a
genetic level is known as
“The relaxation effect”

I am a
healthy
&
happy person

Wonderful Wellness by Kim Serafini



A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a warm, golden light, suggesting a sunrise or sunset. The overall mood is peaceful and serene.


I sleep
well

Wonderful Wellness by Kim Serafini
www.positiveprime.com



**I eat
healthy meals
regularly**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky at sunrise or sunset. They are standing in a field of tall, golden-brown grass that is blowing in the wind. The person's arms are raised high in the air, palms facing forward. The background shows a line of trees under a sky with soft, wispy clouds. The overall mood is peaceful and uplifting.

*Something in the air
this morning
made me feel like flying...*

- Eileen Granfors

A shirtless man is shown from the chest up, sitting in a meditative posture. His hands are pressed together in a prayer position (Anjali Mudra) at chest level. He has his eyes closed and a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting with foliage. The lighting is warm and natural, highlighting the contours of his muscles.

Meditation
can
actually
improve
relationships

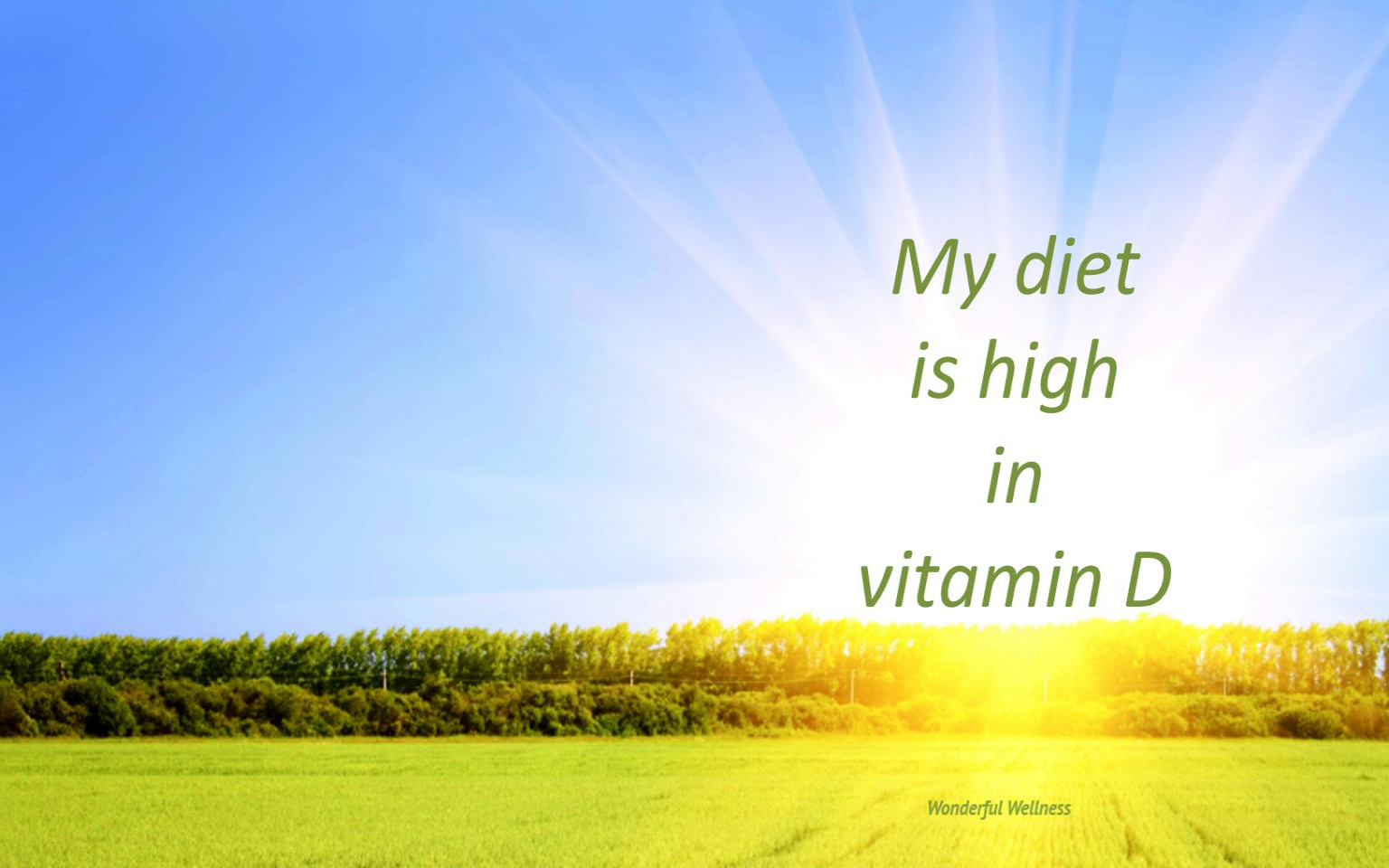


Ginger helps you feel full



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A bright sun is shining from the right side of the frame, creating a lens flare effect across the sky. The sun is positioned behind a dense line of green trees. In the foreground, there is a vast, flat green field. The sky is a clear, vibrant blue. The overall scene is bright and cheerful, suggesting a sunny day in a rural or natural setting.


*My diet
is high
in
vitamin D*

Ginger tea
gets rids of
throat & nose
congestion

Eggs help
to
balance
your
blood sugar



Wonderful Wellness by Kim Serafini

A woman with long dark hair is sitting in a lotus position on a grassy field. She is wearing a white sports bra and white pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green landscape with trees, and there is a warm, golden light on the left side, suggesting a sunrise or sunset.

Meditation relieves irritable bowel syndrome

Wonderful Wellness by Kim Serafini
www.positiveprime.com



**I eat at
regular
rhythms**

Wonderful Wellness

A person is silhouetted against a bright, hazy sunset sky, standing in a field of tall, golden grass. Their arms are raised in a gesture of joy or triumph. The overall mood is peaceful and uplifting.

*I feel great pleasure
from the health & strength
of my body*



Eating
fresh ginger
just before lunch
fires up the
digestive juices



Keep stillness inside you



Wonderful Wellness by Kim Serafini

www.positiveprime.com

The image features a bright, sunny landscape. In the foreground, there is a lush green field. A dense line of trees and bushes runs across the middle ground. The sky is a clear, vibrant blue, with a bright sunburst effect emanating from the right side, creating a warm, golden glow. The text is centered in the right half of the image, written in a green, italicized font.

*I am
getting better
quality sleep*

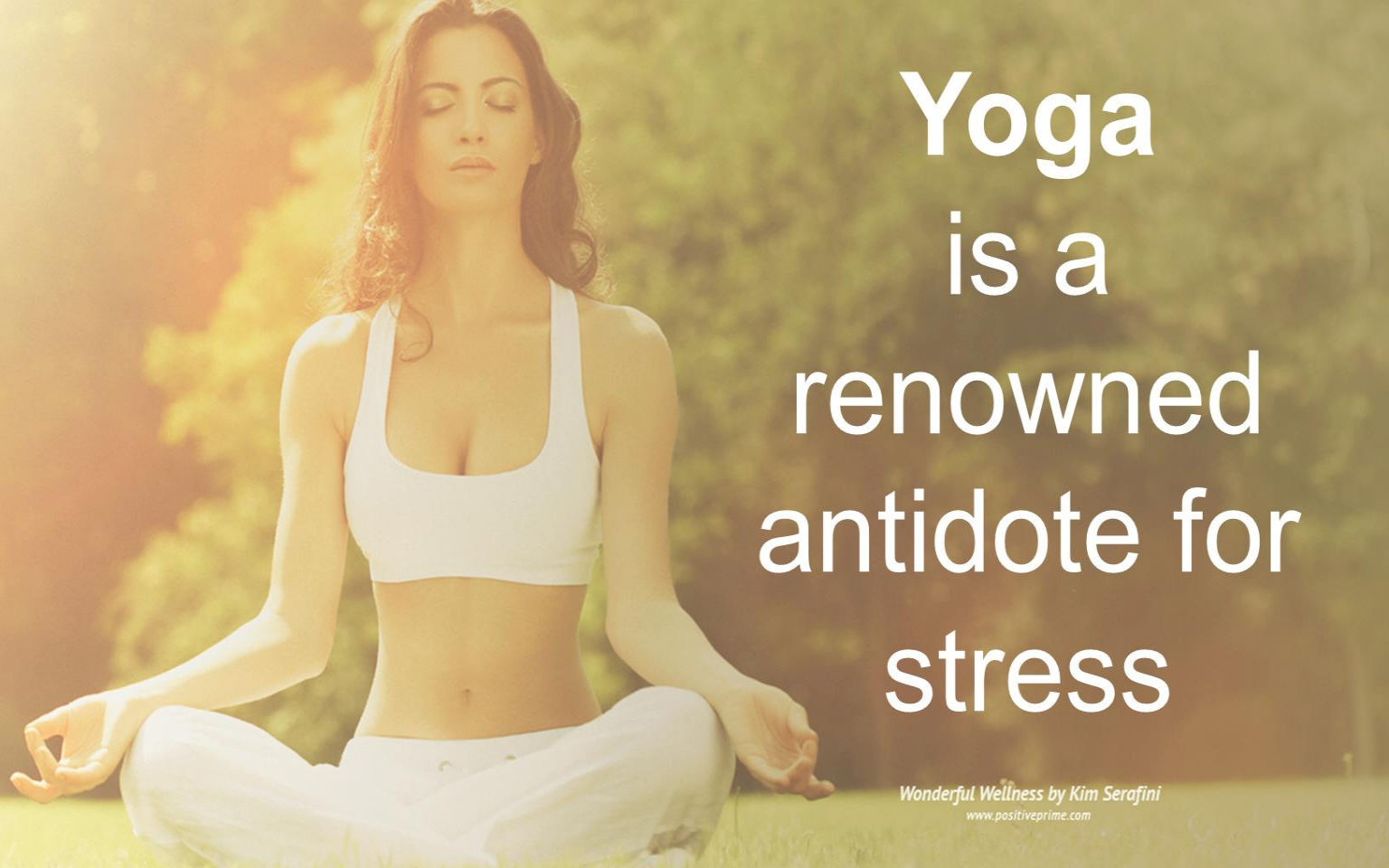
Wonderful Wellness

Ginger & honey
have
anti-inflammatory
properties

Ginger helps
improve
the immune
system

Wonderful Wellness by Kim Serafini



A woman with long dark hair is sitting in a lotus position on a grassy field. She is wearing a white sports bra and white pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green field with trees, and there is a warm, golden light on the left side, suggesting a sunrise or sunset.


Yoga
is a
renowned
antidote for
stress

Wonderful Wellness by Kim Serafini
www.positiveprime.com

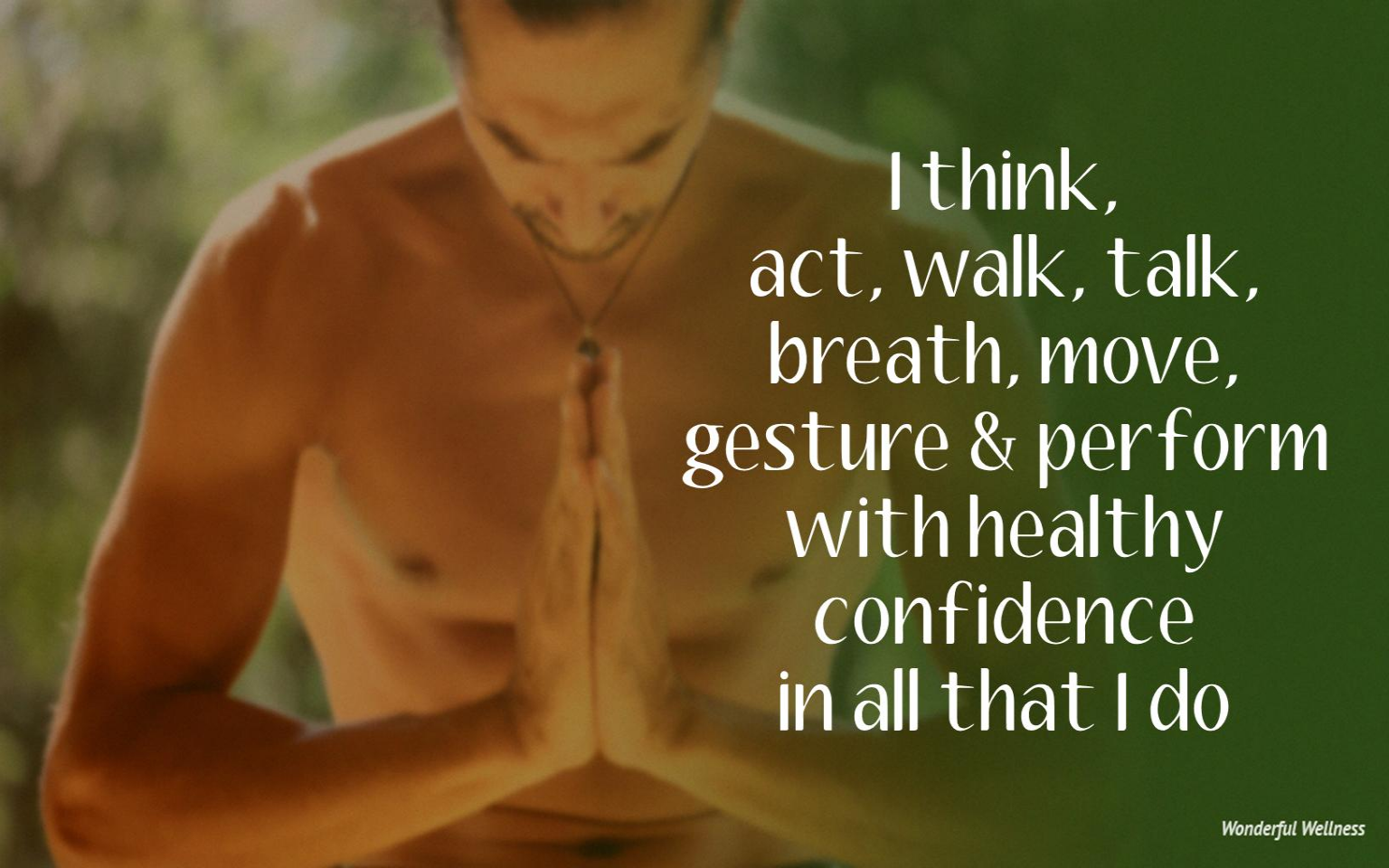


**I prioritize
sleep**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky at sunset or sunrise. They are standing in a field of tall, golden-brown grass that is blowing in the wind. The person's arms are raised high in the air, palms facing forward. The background shows a line of dark trees under a sky with soft, wispy clouds. The overall mood is one of freedom, achievement, and connection with nature.

*My body knows
how to become
spectacularly fit*

A shirtless man is shown from the chest up, with his hands clasped in a prayer position (Anjali Mudra) in front of his chest. He has his eyes closed and a serene expression. The background is a soft-focus green, suggesting an outdoor setting. A semi-transparent green gradient is applied to the right side of the image, where the text is placed. The text is in a white, serif font.

I think,
act, walk, talk,
breath, move,
gesture & perform
with healthy
confidence
in all that I do



I am
renewing
myself



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a bright sunburst effect over a green field and a line of trees. The sun is positioned in the upper right quadrant, casting rays across the sky and illuminating the scene. The foreground is a lush green field, and the background is a dense line of trees. The overall mood is bright and positive.

*I am
fit,
fabulous & frisky*


Wonderful Wellness

1 focus with
laser-like intensity
on
health & wholeness

Ginger has
time-tested
digestion
friendly
properties

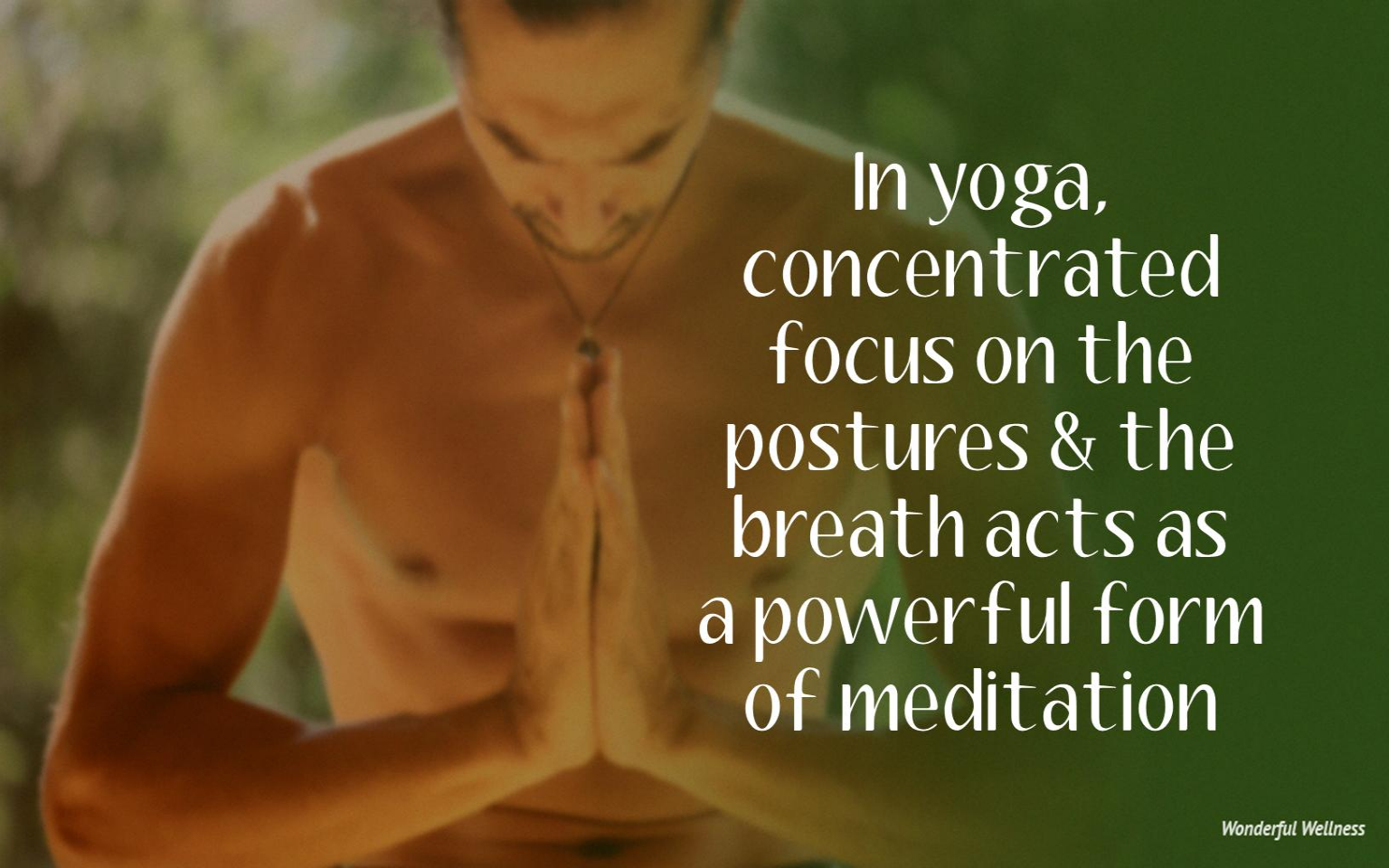


Wonderful Wellness by Kim Serafini

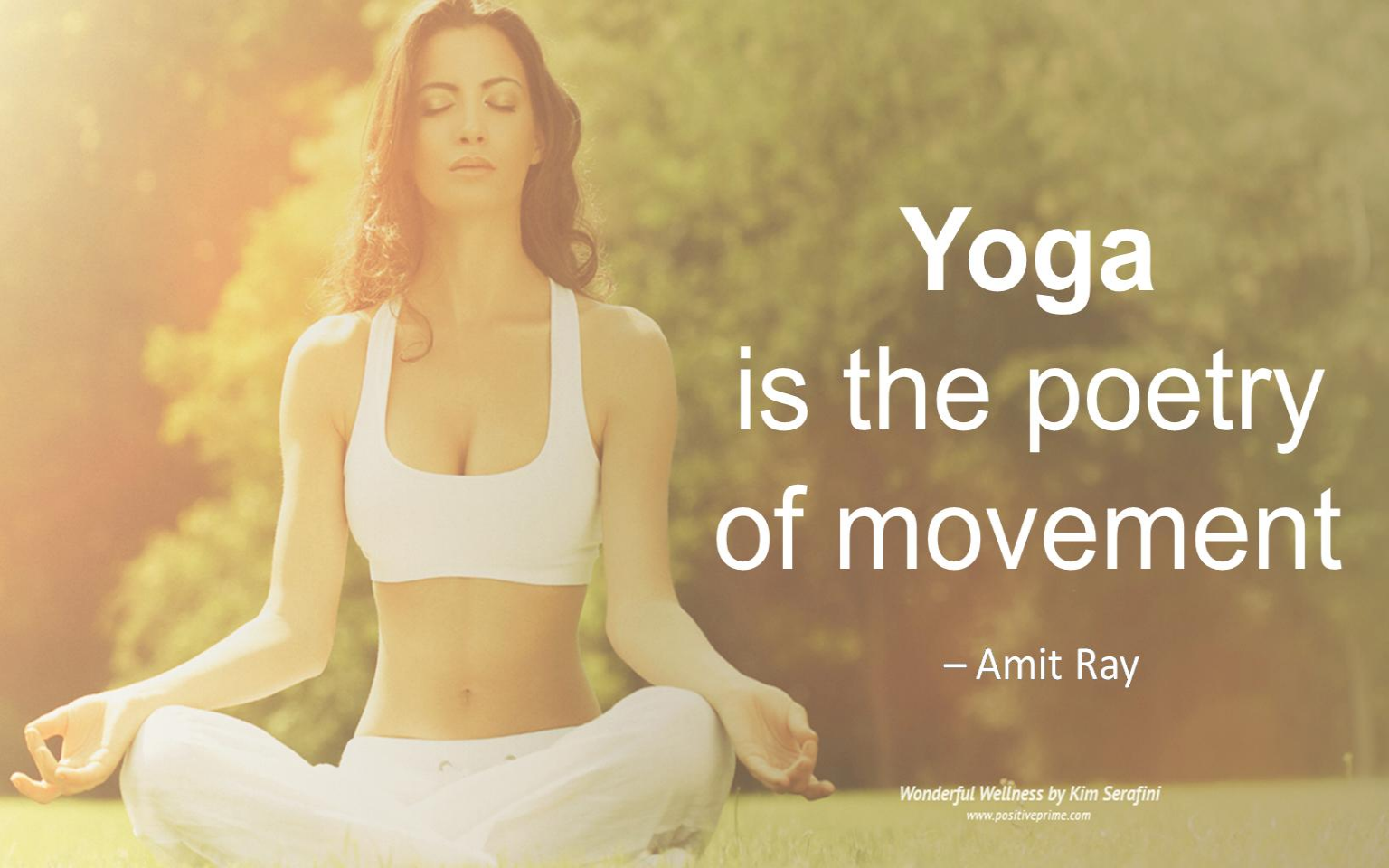
A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a bright sun creating a warm, golden glow. The overall mood is peaceful and serene.

I am
healing
myself

Wonderful Wellness by Kim Serafini
www.positiveprime.com

A shirtless man is shown from the chest up, performing a yoga pose. His hands are pressed together in a prayer position (Anjali Mudra) at chest level. He has his eyes closed and a serene expression. The background is a soft-focus green, suggesting an outdoor setting. The lighting is warm and natural, highlighting the contours of his muscles.

In yoga,
concentrated
focus on the
postures & the
breath acts as
a powerful form
of meditation

A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a meditative lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus park with green trees and a warm, golden light, suggesting a sunrise or sunset. The overall mood is peaceful and serene.

Yoga is the poetry of movement

– Amit Ray

Wonderful Wellness by Kim Serafini
www.positiveprime.com



**How
can I be
more
caring?**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky, standing in a field of tall, golden-brown grass. Their arms are raised in a gesture of triumph or joy. The background shows a line of trees under a sky with soft, wispy clouds. The overall mood is one of inspiration and achievement.

*“What has
inspired you
this week?”*

A shirtless man is shown from the chest up, with his hands clasped together in a prayer position (Anjali Mudra). He is looking down with a serene expression. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall mood is peaceful and contemplative.

What can I do
today
to show
someone
I care?



What if this is Heaven?



Wonderful Wellness by Kim Serafini

www.positiveprime.com

A vibrant landscape featuring a lush green field in the foreground, a dense line of trees in the middle ground, and a bright sunburst effect in a clear blue sky. The sunburst is positioned on the right side, casting rays of light across the scene.

*Actively
contribute
to
benefit others*

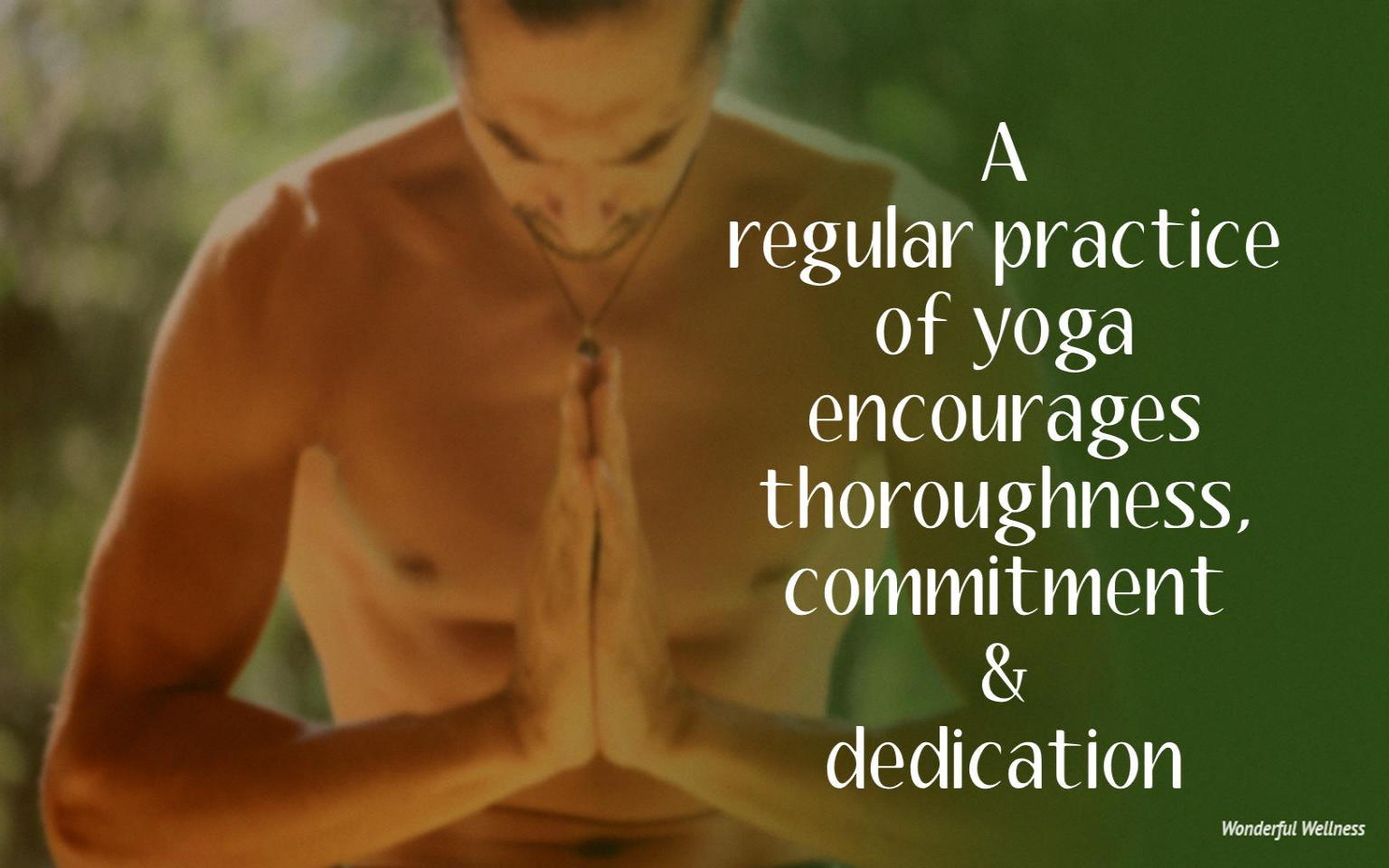
Grateful?

think about **what** you are grateful for


and

think about **why** you are grateful...

Feel the feelings of gratitude

A shirtless man is shown from the chest up, performing a yoga pose. His hands are pressed together in a prayer position (Anjali Mudra) at his chest level. He has his eyes closed and a serene expression. The background is a soft-focus green, suggesting an outdoor setting. The overall lighting is warm and natural.

A
regular practice
of yoga
encourages
thoroughness,
commitment
&
dedication

A woman with long dark hair is sitting in a lotus position on a grassy field. She is wearing a white sports bra and white pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green landscape with trees, and there is a warm, golden light on the left side, suggesting a sunrise or sunset.

Meditation
promotes
emotional
balance

Wonderful Wellness by Kim Serafini
www.positiveprime.com



**How
can I be
more
supportive?**

Wonderful Wellness

A person is silhouetted against a bright, hazy sky at sunset or sunrise. They are standing in a field of tall, golden grass that is blowing in the wind. The person's arms are raised high in the air, palms facing forward. The background shows a line of trees under a sky with soft, wispy clouds. The overall mood is peaceful and uplifting.

*Today
tell someone how much
you appreciate them
today*




Thank you
SO
much!



Wonderful Wellness by Kim Serafini

www.positiveprime.com

The background of the image is a bright, sunny landscape. In the foreground, there is a lush green field. A dense line of trees and bushes runs across the middle ground. The sky is a clear, bright blue, with a prominent sunburst effect emanating from the right side, creating a warm, golden glow. The text is centered in the upper half of the image.

*When you're
watching your session
Smile
just smile naturally
now*

SMILE

allow the action
to drive
the reaction

What has gone well?



Wonderful Wellness by Kim Serafini

A shirtless man is shown from the chest up, sitting in a meditative pose with his hands clasped in a prayer position (Anjali Mudra). He is looking down with a serene expression. The background is a soft-focus outdoor setting with green foliage. A semi-transparent green gradient is applied to the right side of the image, where the text is placed. The text is in a white, serif font, centered vertically and horizontally on the right side.

Meditation
has shown that
empathy
&
compassion are
higher in those who
practice meditation
regularly

A woman with long dark hair is sitting in a lotus position on a grassy field. She is wearing a white sports bra and white pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green field with trees, and there is a warm, golden light on the left side, suggesting a sunrise or sunset.

Meditation promotes calmness

Wonderful Wellness by Kim Serafini
www.positiveprime.com



**You can
have, be,
and do
anything
you want**

Wonderful Wellness

What went
right?



Wonderful Wellness by Kim Serafini

A woman with long dark hair is sitting in a lotus position on a grassy field. She is wearing a white sports bra and white pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green field with trees, and there is a warm, golden light on the left side, suggesting a sunrise or sunset.

Meditation increases immunity

Wonderful Wellness by Kim Serafini
www.positiveprime.com


A shirtless man is shown from the chest up, with his hands clasped in a prayer position (Anjali Mudra) in front of his chest. He has his eyes closed and a serene expression. The background is a soft-focus green, suggesting an outdoor setting. A semi-transparent green gradient is applied over the right side of the image, where the text is placed. The overall mood is peaceful and contemplative.

Make sure
you do
something
caring
today



**Show
support!**

Wonderful Wellness

A woman with long dark hair is sitting in a meditative lotus position on a grassy field. She is wearing a white sports bra and white pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus landscape of green trees and a bright sun on the left, creating a warm, golden glow. The overall mood is peaceful and serene.

Life is
occurring
for me!

Wonderful Wellness by Kim Serafini
www.positiveprime.com



**Life is
happening
for us
not to us...**

Wonderful Wellness

A woman with long dark hair, wearing a white sports bra and white pants, is sitting in a lotus position on a grassy field. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a soft-focus green landscape with trees, and there is a warm, golden light on the left side, suggesting a sunrise or sunset.

Celebrate
your
successes!

Wonderful Wellness by Kim Serafini
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**How
can I show
myself
&
others
kindness?**

Wonderful Wellness