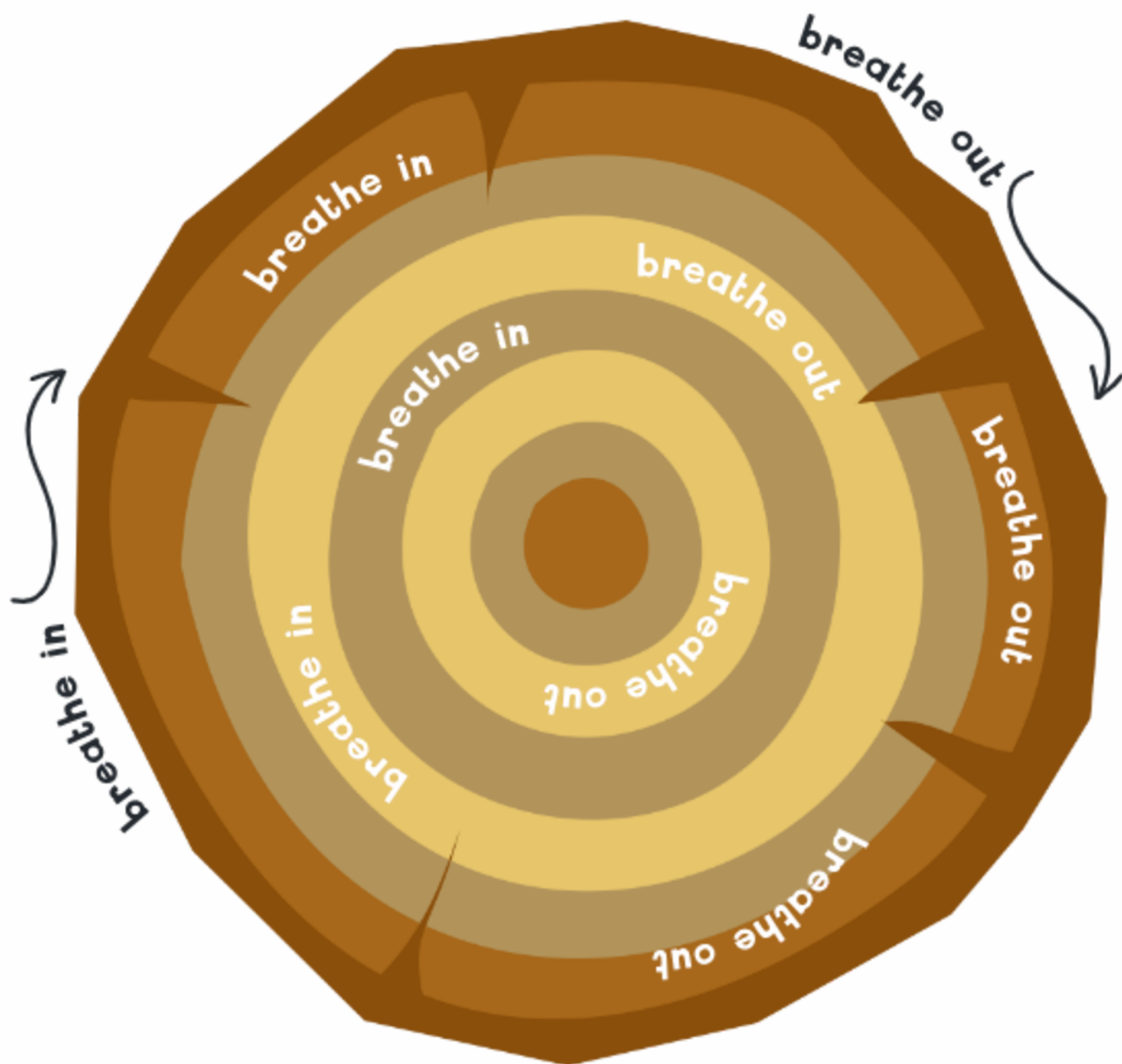


HERE

HORSE CHESTNUT TREE TRUNK BREATH

A mindful moment inspired by London's trees



AFFIRMATION

Like the horse chestnut tree,
I pause, breathe and stand steady.
I am rooted.
I am strong.
I am growing.