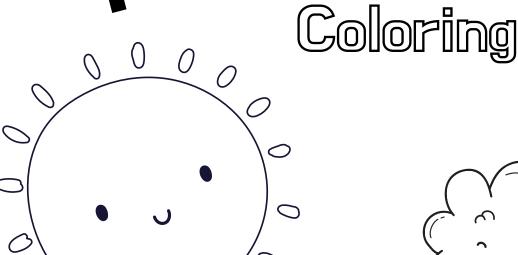
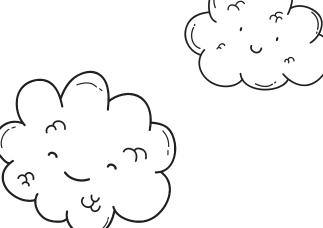


Keiki self-care





"The little things? The little moments? They aren't little."



~ Jon Kabat-Zinn

