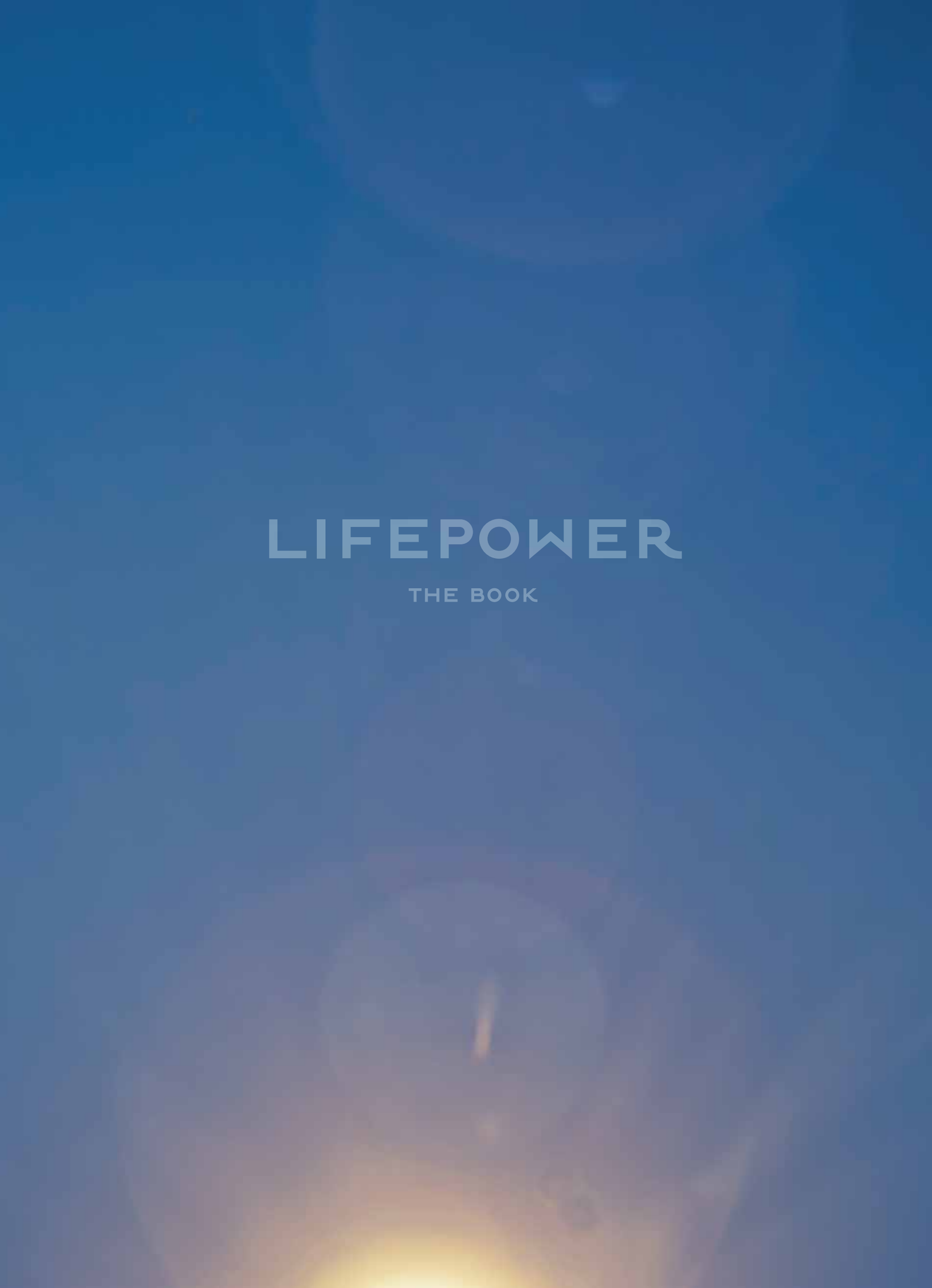

LIFEPOWER
THE BOOK

YOU ARE THE ENGINE.

IT STARTS WITH THE SAME FORCE THAT BROUGHT US INTO THIS WORLD.
B R E
WE SPEND 24 HOURS A DAY. 1440 MINUTES.

A T H
86400
SECONDS BREATHING.
AND WE SELDOM THINK ABOUT IT.

WHEN WE ENGAGE WITH OUR BREATH, WE FOCUS OUR MINDS AND ALLOW OURSELVES TO BE REAL. HUMAN BEINGS WHO COME TO THIS AS WE ARE.

EMBRACING OUR FEARS AND VULNERABILITIES, WE PUSH OURSELVES AND OPEN UP A WORLD OF POSSIBILITY THROUGH OUR BREATH.

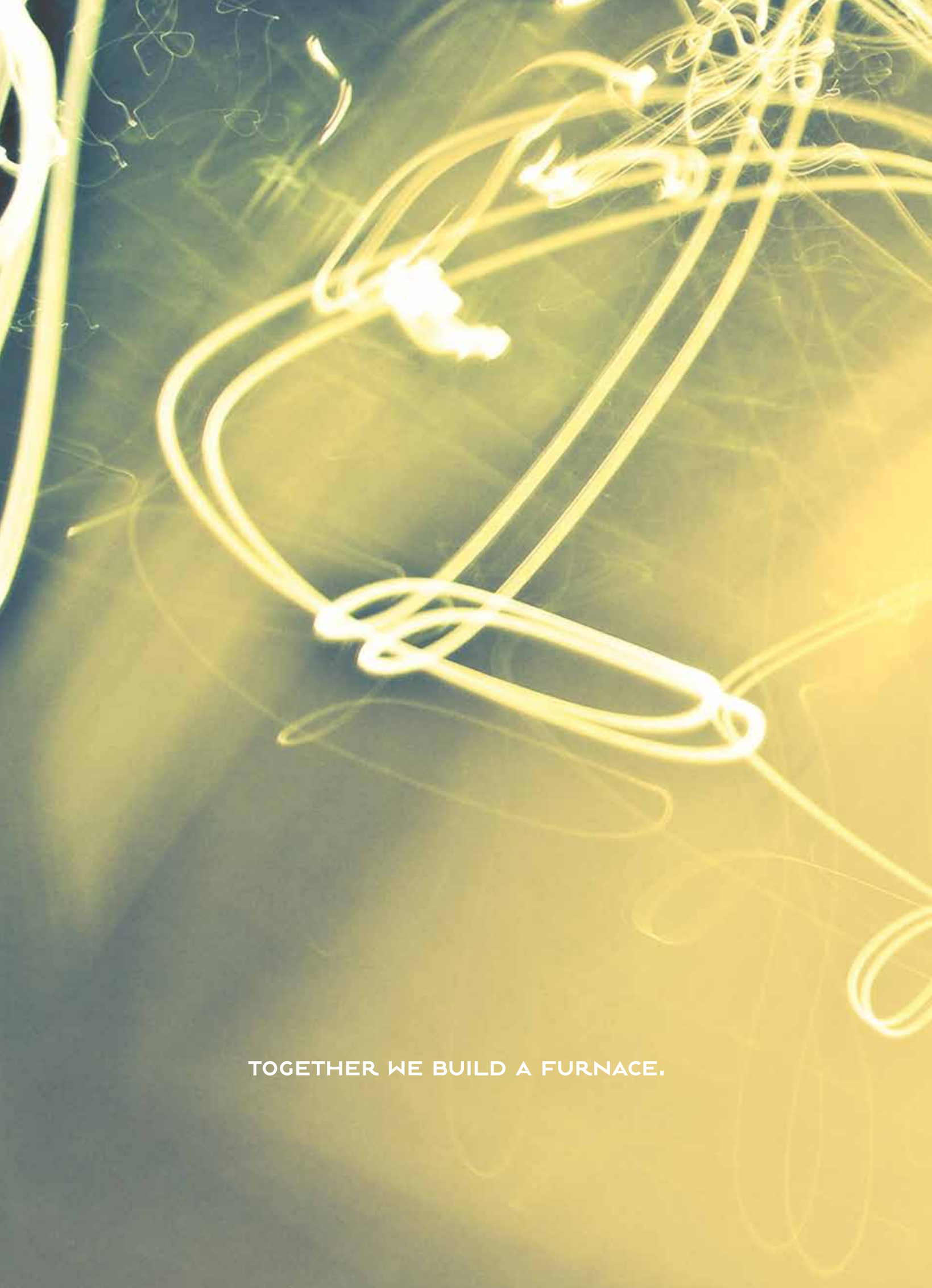
IN AND OUT

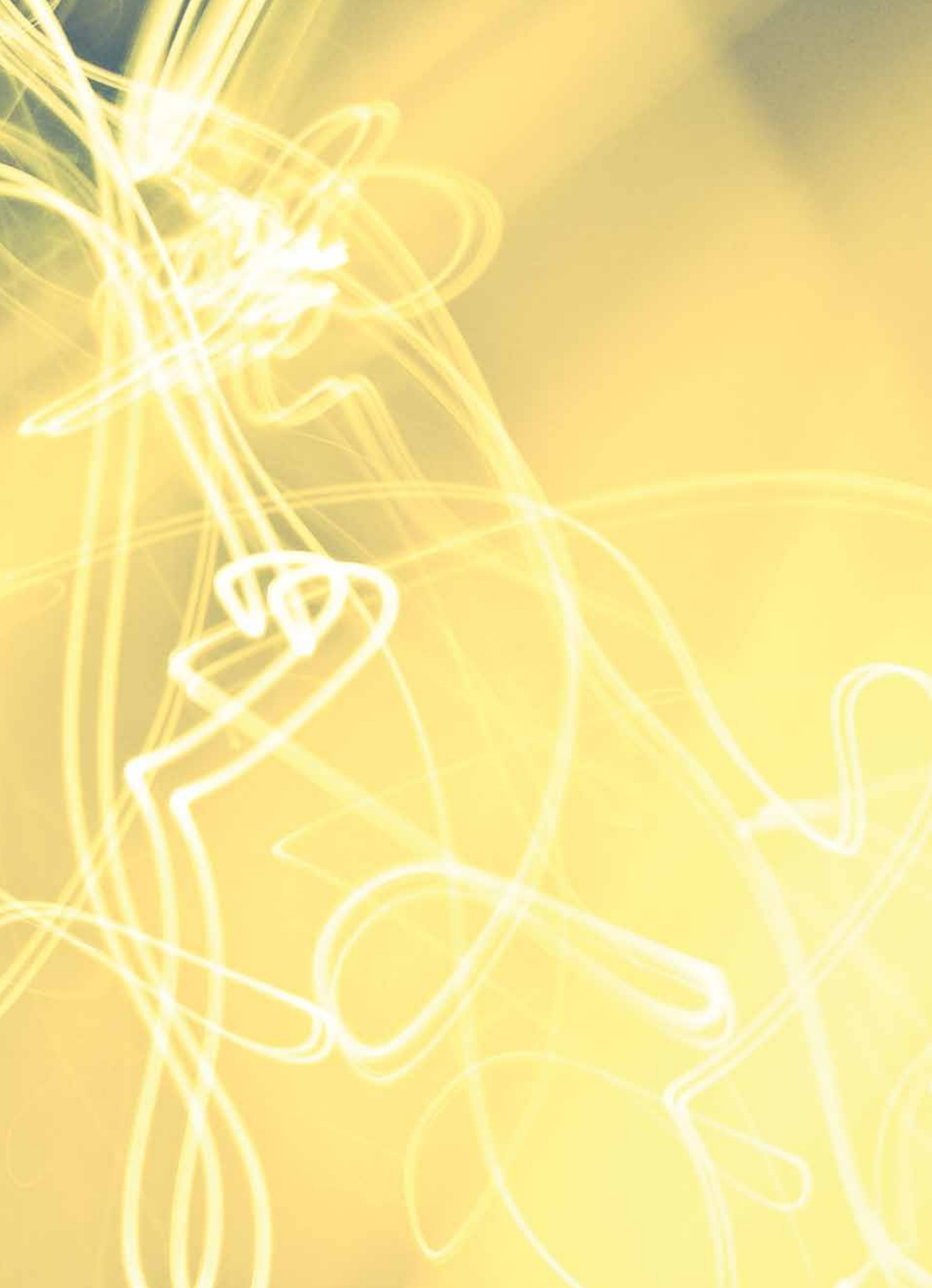
GIVE AND TAKE

EXPAND AND COLLAPSE

CONTRACT AND RELEASE

FULLY AWARE OF OUR OWN INTERNAL ENGINES AND READY TO TAKE ON ANYTHING.


TOGETHER WE BUILD A FURNACE.



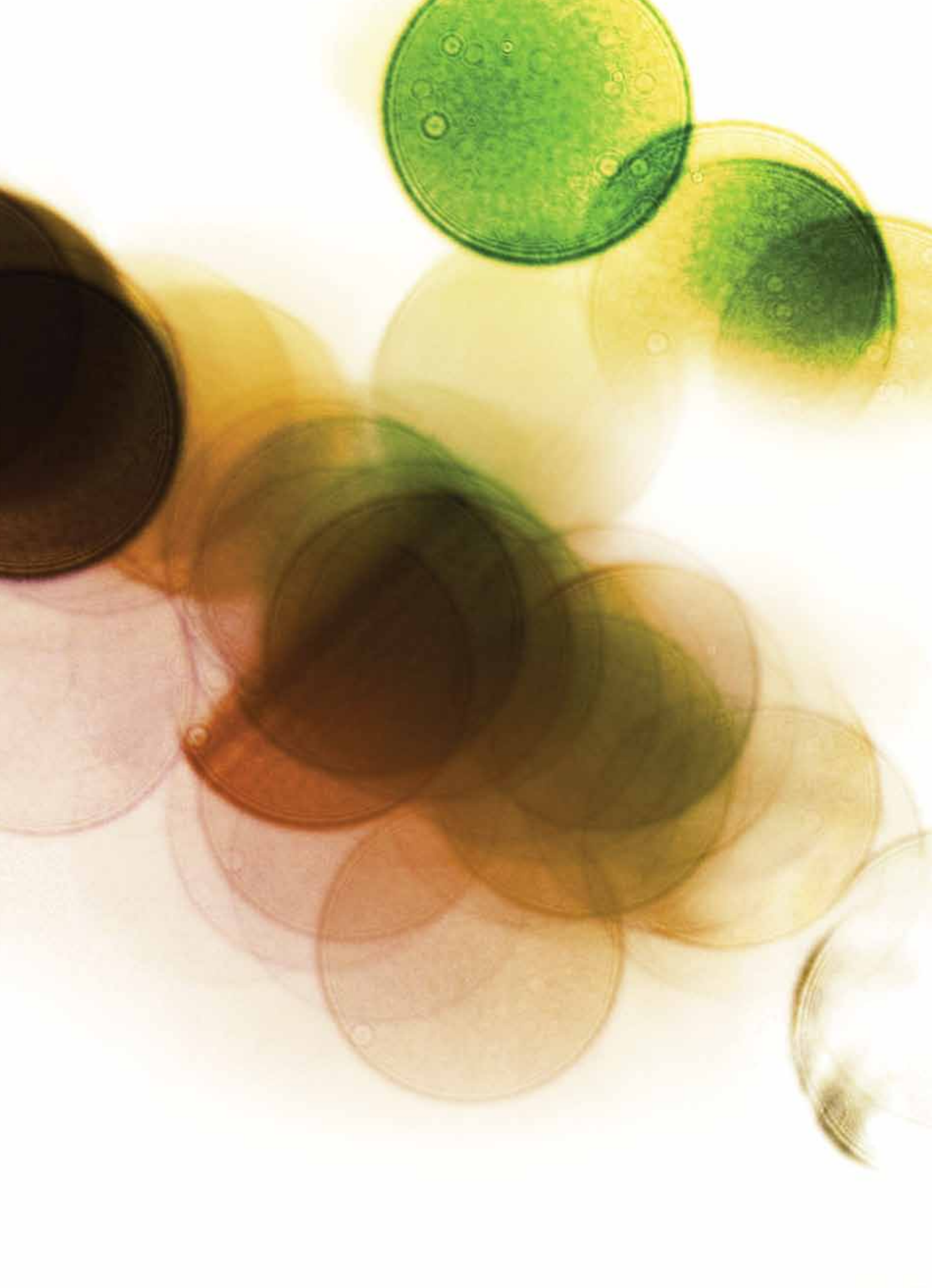
BUT WE'RE ALSO MORE ISOLATED.

YET WE'RE
NOT ALONE IN THE
HUMAN
CONDITION.

WE LIVE IN A WORLD OF CONTRADICTIONS. WE'RE MORE PLUGGED IN THAN EVER,

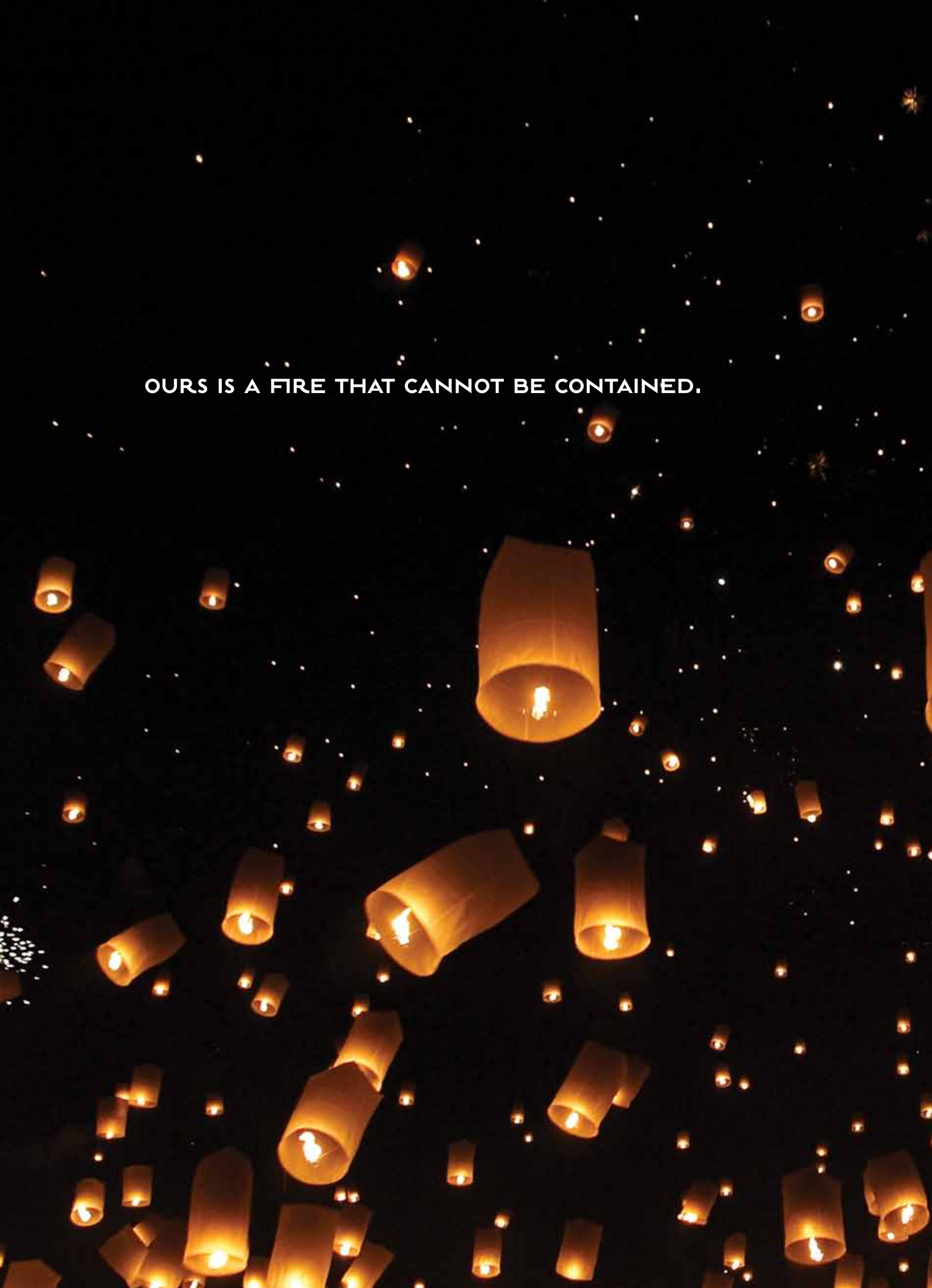
BY SURRENDERING

TO OUR BREATH AND THE MOMENT, WE BECOME MORE COMFORTABLE IN OUR OWN SKIN. AND AS WE'RE MORE INTERNALLY CONNECTED, WE ARE ABLE TO DEEPEN OUR SENSE OF COMMUNITY.



WE ACCEPT

THAT WE ARE NOT ALONE IN OUR HUMANNESS. OUR JOYS. FEARS. ASPIRATIONS. AND DOUBTS. STRETCHING INTO MOVEMENTS, WE REACH HIGHER. LIFTING EACH OTHER UP WITH THE WARMTH WE CREATE.


OURS IS A FIRE THAT CANNOT BE CONTAINED.

WHEN WE GET INTO THE PRACTICE OF DOING SOMETHING PHYSICAL, RATHER THAN JUST THINKING POSITIVE THOUGHTS, IT HOLDS US TO A HIGHER STANDARD.

WE TAKE CARE OF OURSELVES.

WE EAT BETTER.

WE MAKE BETTER DECISIONS.

WE PERFORM

BETTER AT SPORTS, TASKS AND AT LIFE ITSELF. OUR RELATIONSHIPS ARE STRENGTHENED. WE HAVE LESS STRESS. AND THE NEEDS OF THE BODY ARE RESPECTED, BALANCING OUT EXTREMES AND RESTORING US TO A NATURAL STATE. WE ARE ABLE TO TAKE ON THE CHALLENGES OF MODERN LIFE WITH MORE STAMINA.

IT PROVIDES OXYGEN FOR THE SOUL AND RECONNECTS US TO THE NATURAL RHYTHM OF LIFE.

IT IS OUR LIFE POWER.

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