

CHANTS

Lawrence Biscontini, MA
International Spa Consultant, Mindful Movement Specialist
Mission: "wellness without walls™"

"I AM LOVE AND LIGHT. ONLY I CAN MAKE THINGS RIGHT."

"IF IT'S GOING TO BE, IT'S UP TO ME. I CONTROL MY DESTINY."

"ALL MY THOUGHTS ARE POSITIVE. THIS IS HOW I CHOOSE TO LIVE."

"BUDDHA SAID THAT I SHOULD TRY: AS MY THOUGHTS ARE, SO
AM I."



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If I can be of assistance to you in fitness in any way please contact me. Nāmasat!

