


マンダラチャート A型

F	RESILIENCE	C	BREATHING	G	HUMOR
B	MOVEMENT	8 FIELDS OF LIFE: HEALTH (RADIANCE)		D	SLEEP
		<p style="text-align: center;">Radiantly Connected?</p>  <p style="text-align: center;">Or bent out of shape?</p>			
E	SKINSHIP	A	FOOD	H	LOVE