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My mission in life is  
not merely to survive  
but to thrive; and to  
do so with some  
passion, some  
compassion, some  
humor and some  
style."

-  
Maya Angelou



**SCAN TO VOTE**



**READERS CHOICE  
AWARDS 2022**

**YOGA INSTRUCTOR  
NOMINEE**

**VOTE FOR:  
ANNALISA  
CARA**

**CERTIFIED  
CYA-E-RYT 400HRS  
CANADA/US/UK**