

Why CENTER?

1. It builds the muscle of being PRESENT.
2. It helps us see WHAT IS real and WHAT IS NOT.
3. It helps us expand our SPACE.
4. It helps us train our ATTENTION.
5. It gives us the choice to calmly RESPOND.
6. It helps us connect to what we CARE about.
7. It helps us feel more ALIVE.
8. It helps us EMPATHISE and build relationships.
9. It builds RESILIENCE under pressure.



SUMIT GUPTA

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