

# Please Enjoy my gift to you.

## Story of the painting:

This painting was done live during a Yoga class. Actually it was started in one class, and finished on the next class which started right after.

The Yoga instructor started talking about how we take care of everything else in our life but, we forget about ourself. So important to give ourself **“Self Love”**

Remember, don't forget to breathe..

Feel free to make a 4”x6” print for yourself, and enjoy the energy of this painting titled **“Self Love”**

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