

<p style="text-align: center;"><u>MIND</u></p> <p>Current practice</p> <p>New practice</p>	<p style="text-align: center;"><u>BODY</u></p> <p>Current practice</p> <p>New practice</p>
<p style="text-align: center;"><u>EMOTIONS</u></p> <p>Current practice</p> <p>New practice</p>	<p style="text-align: center;"><u>SPIRIT</u></p> <p>Current practice</p> <p>New practice</p>