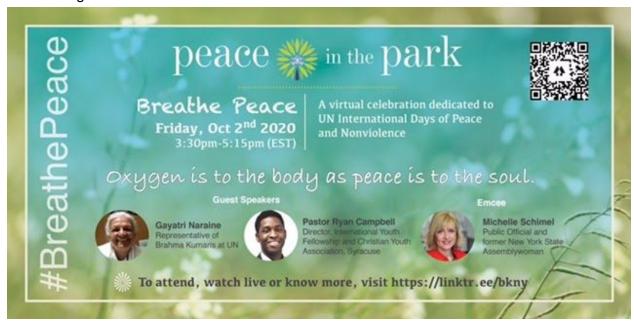
1. On Wednesday Sept 30th between 10am -6pm, please post the video and the body text across FB, IG & Twitter. Video is attached in a separate file.

Take a deep breath. Learn some of the mysteries behind breathing, Oct. 2 at Breathe Peace 3:30 at the convenience of your own home. Breathe Peace. See you there. Join Us On YouTube Watch live: https://linktr.ee/bkny #BreathePeace #meditation #mindfulness #peace #breathe #performance #peaceofmind

2. On Friday Oct 2nd between 10am - 12pm, please post the following images with text on its corresponding social media platform accordingly.

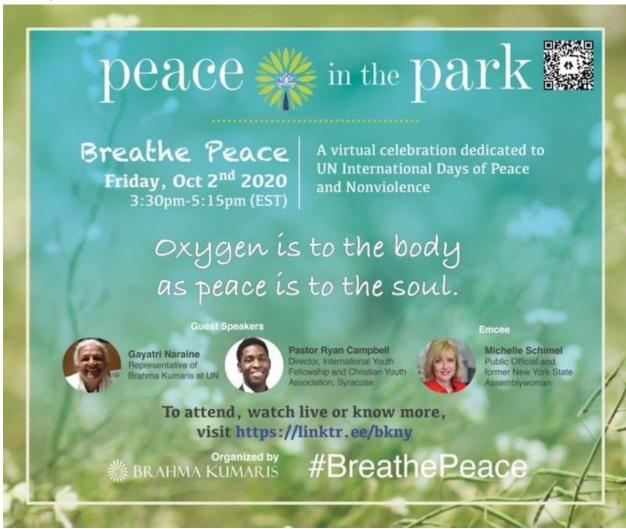
Twitter image:



Twitter text:

Take a deep breath. Learn some of the mysteries behind breathing, Oct. 2 at Breathe Peace 3:30 at the convenience of your own home. Breathe Peace. See you there. Join Us On YouTube Watch live: https://linktr.ee/bkny #BreathePeace #meditation #mindfulness #peace #breathe #performance #peaceofmind

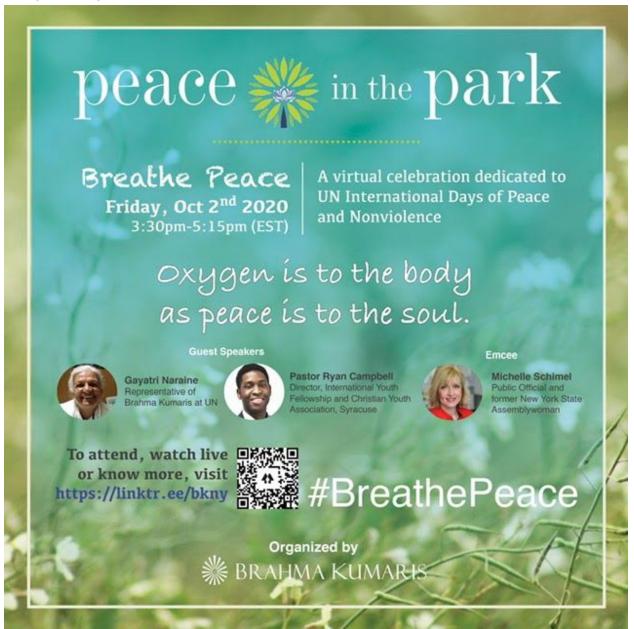
FB image:



FB text:

Take a deep breath. Learn some of the mysteries behind breathing, Oct. 2 at Breathe Peace 3:30 at the convenience of your own home. Breathe Peace. See you there. Join Us On YouTube Watch live: https://linktr.ee/bkny #BreathePeace #meditation #mindfulness #peace #breathe #performance #peaceofmind

Instagram image:



Instagram text:

Take a deep breath. Learn some of the mysteries behind breathing, Oct. 2 at Breathe Peace 3:30 at the convenience of your own home. Breathe Peace. See you there. Join Us On YouTube Watch live: https://linktr.ee/bkny #BreathePeace #meditation #mindfulness #peace #breathe #performance #peaceofmind