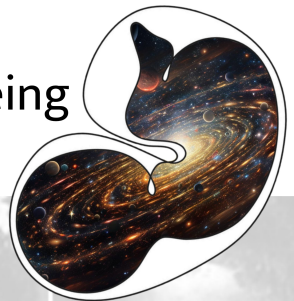


The "Be HOME wherever you are!" series.

The Fundamentals

Think

Choose thoughts that are guided by the memory of being formed in the Nourished and Whole womb.



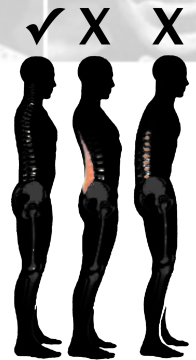
Eat

Nourish like your ancestors that lived by the earth.



Move

Unlock your posture to unleash your power!



Dress

Adorn with natural materials, movement supporting cuts, and uplifting colors and patterns.



Live

Free up and be well with, for, and by all!



Wellsprings of Umoja

(WELLU) FOUNDATION'S



JOURNEY HOME VITALS

PRIVATE MEMBERS CIRCLE

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