

# FRANKLY CREATING

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# CONCEPT 1

NAMASTÉ

## Wellbeing & Namasté

The gesture Namaste represents the belief that there is a Divine spark within each of us that is located in the heart chakra. The gesture is an acknowledgment of the soul in one by the soul in another.

Definition of Namaste: Nama means bow, as means I, and te means you.

Therefore, namaste literally means “bow me you” or “I bow to you.”



Valentina Sierra

# CONCEPT 1 - LOGO OPTION

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Valentina Sierra

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VS

WELLBEING COACH





WELLBEING COACH

Meditation is not just for relaxation or stress release; its primary purpose is to develop the capacity to respond skillfully, lovingly and gracefully to life's challenges, as well as its joys.

I have the privilege to teach a simple and effective meditation technique that needs to be practiced for 20 minutes twice daily, morning and afternoon.

But we don't gauge the value of the practice by what we experience with our eyes closed. We gauge the value of the practice based on how our life experience changes and improves with our eyes open after meditation.

*It is a life changer!*

So the real thing is integrating the meditation practice into every moment of your life; it is then that it becomes a way of being.



Valentina Sierra

# CONCEPT 1 - IN SITU MOCK UPS

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# CONCEPT 2

CLARITY

## Serene Clarity

Clarity definition: the quality of transparency or purity – “the crystal clarity of water.” The ability to think clearly and not be confused – “shown great clarity of mind.” Mental clarity and peace.

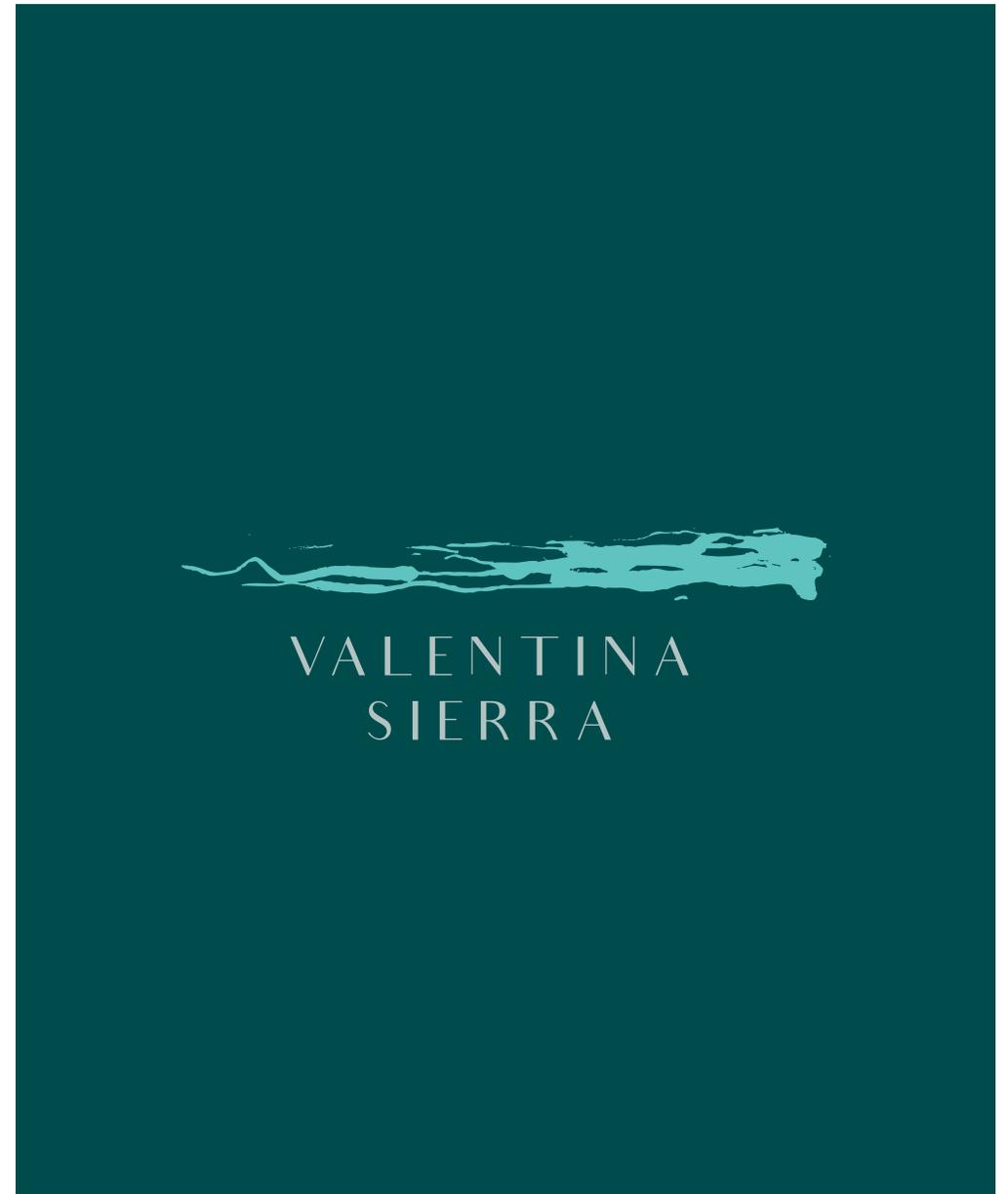
Synonyms: clearness, transparency, translucence, pellucidity, glassiness.



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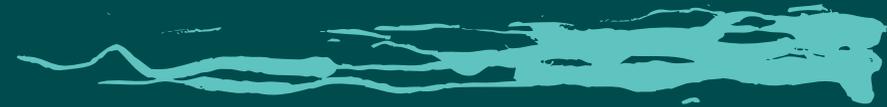
## CONCEPT 2 - LOGO OPTION

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WELLBEING COACH



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## CONCEPT 2 - IN SITU MOCK UPS

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# CONCEPT 3

0000MMMM

ooooommmm

Om mantra meditation is a simple chanting of the syllable “om” (or “aum”) during meditation. Om is believed to be the primal sound vibration of the universe. A mantra can be a sound or single syllable like om, or it can be a word, phrase or longer recitation, and it is used in yoga to focus the mind in preparation for meditation and/or to deepen meditation.



*omm*

VALENTINA SIERRA

*omm*

VALENTINA SIERRA

WELLBEING COACH

*omm*

*omm*

DEEP MEDITATION



*comm*

# VALENTINA SIERRA

WELLBEING COACH

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*book a class*

## CONCEPT 3 - IN SITU MOCK UPS

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# CONCEPT 4

WAVES + RIPPLES

## Waves + Ripples

Your mind, just like water, in its natural state is calm and still; but when you start thinking a certain way, a series of thoughts create a ripple effect and these in turn occupy the mind until it is still again, that is until you gain control over your thinking pattern.

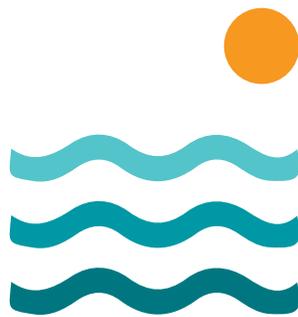
Every thought that you have has the same ripple-creating power as a rock that is thrown in water, or waves in the sea. The secret is in the deep blue... layers and layers below.



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CONCEPT 4 - LOGO OPTION

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WELLBEING COACH

# VALENTINA SIERRA

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## CONCEPT 4 - IN SITU MOCK UPS

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# BONUS

THESE ADDITIONAL CONCEPTS HAVE NOT BEEN EXPANDED  
BUT THEY CAN BE IF ONE OF THEM SPEAKS TO YOU

# ADDITIONAL OPTIONS - CONCEPT 1

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## ADDITIONAL OPTIONS – CONCEPT 3

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THANK YOU.  
let's create