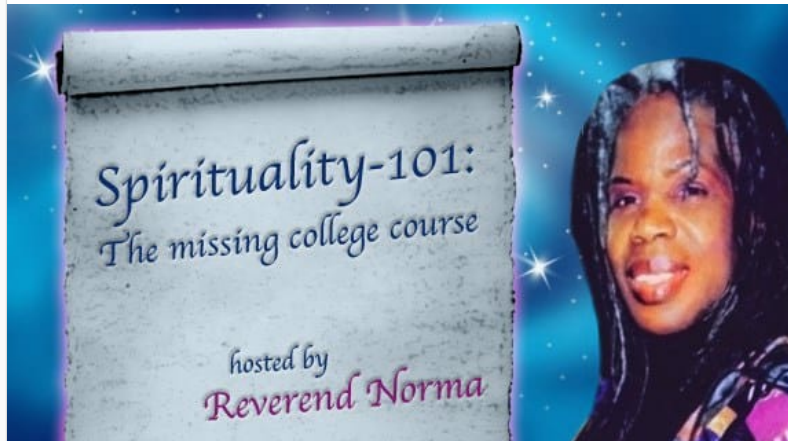


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This week's guest is a Reprogram Your Life facilitator, a Track and Field Athlete, sports coach and an expert in the field of rhythm, timing and spirituality. Andrew will share with us his knowledge of the rhythm and physiology of the physical body that houses the intelligence of the brain and the patterns of the mind. He also has much to say on the subject of focus, and its role in achieving success and consciousness.



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