

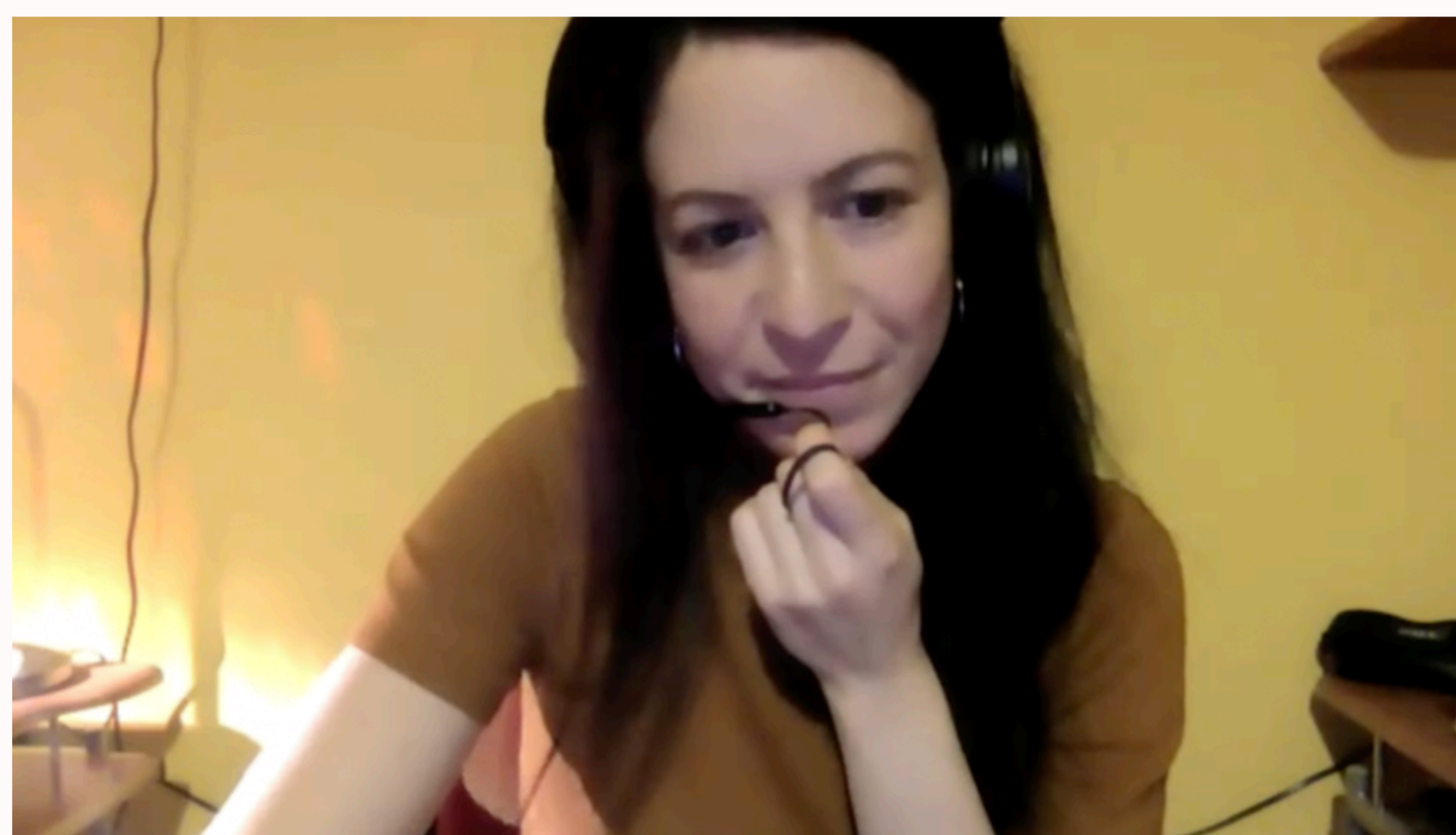
Join the Movement →



To our friends and community,

With love and humbleness we share with you this newsletter that has been co-created by our members.

Connect, collaborate and grow for a better future.



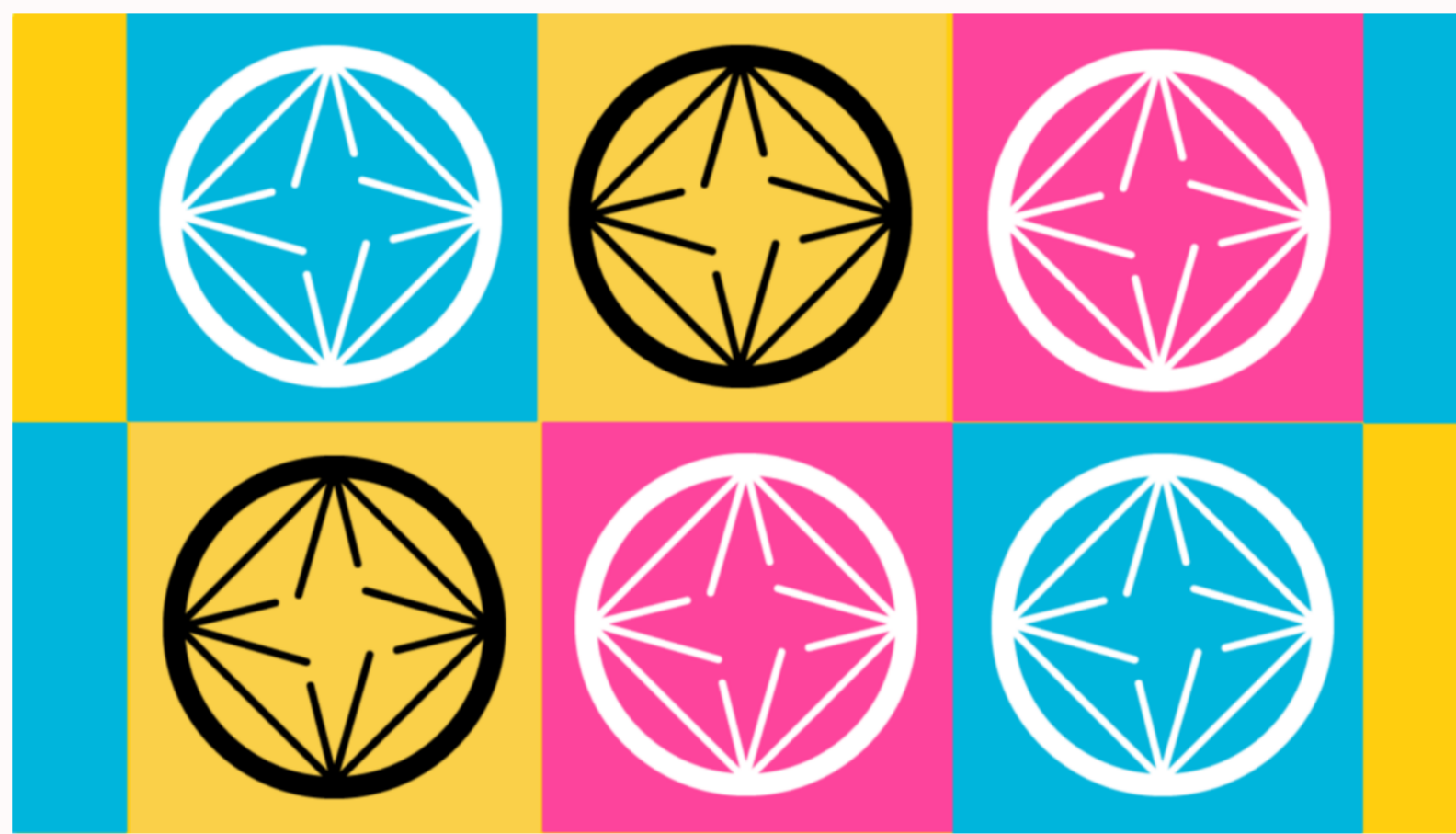
*Breathing into Being* is a breathing experience that [Claudia Marras](#) has designed for PiMOV combining rhythmic breathing, meditation and visualisation. It has been inspired by SOMA Breath.

This session is a combination of meditation by [Patricia Jean Fleming](#) and breathing by Claudia. A beautiful example of co-creation, experience and practice.

*"This PiMOV series is particularly special to me because it follows the loving meditation guided by Patricia aimed to help us build the so-named PiMOV Dimension: a co-created safe space where we, PiMOVERS, can gather and experience our presence on a soul connection level."* – Claudia

Join us in co-creation!

Society needs more people like you!



We happily present to you our new community branding that expresses through the combination of our brand colours and community logo the inclusivity and diversity of each of our members, who together and with equal importance, co-create the big picture: the Positive iMPACT Movement.

Dare to dream as big as Mandela!

Living from the Inside-out... what does this mean?



This is a conversation between [Helena Carrizosa](#), [Mabel Vonk](#) and [Jeannette Meier](#) around the topic Inside-out living. We've forgotten about our amazing potential by living outside-in, searching outside for the answers and steps to follow, instead of following our own guru within!

Meet our Members!

PiMOVERS are to be found all around the world. Luckily some of them can meet in person and hashtag their pics in our community platform as #wearereal 😊



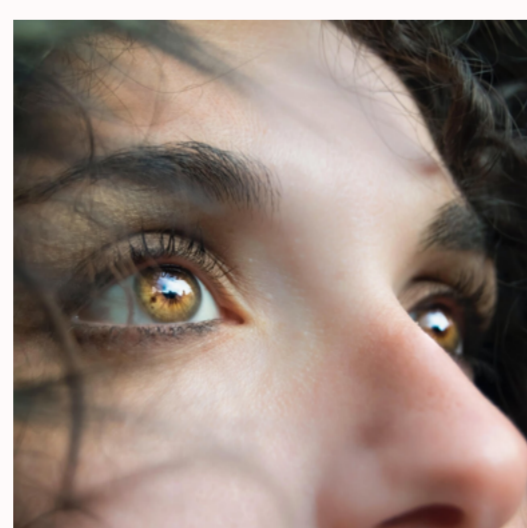
[Ana María Pinzón](#), [Jeannette Meier](#) and [Patricia Jean Fleming](#) in Spain, who spontaneously met to farewell Patricia who is moving to Scotland soon.

From our Inspirational Blog...



The Path of the Positive iMPACT Movement

[Read More](#)



“Come as you are” by Maarja Jõemägi

[Read More](#)

Did you like what you read?

Join us today for as little as a cappuccino a month!

[JOIN THE MOVEMENT →](#)

If you think someone can benefit from this newsletter, please [share this link](#). A small act of kindness today can bring a big amount of kindness tomorrow. Consider [making a donation](#). We are building a fund for people who cannot afford a membership.

Thanks to @unsplash for the beautiful pics

PiMOV



Positive iMPACT Movement, PiMOV, Barcelona, Spain

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