

# INHABIT

## your badge

### In the mind, balance

Meditating 10 minutes can change your day.

Occupy every room well and leave self-indulgence outside.

### In the bedroom, your space

Relaxing is also having fun your way.

### In the living room, overcoming

Exchange inertia on the sofa for movement on the carpet.

### In the kitchen, happiness

Cook more often for a more enjoyable life.

Learn about how to live better within yourself. Visit [dorconsultoria.com.br](https://dorconsultoria.com.br) and turn the key to your health.

**DOR**