

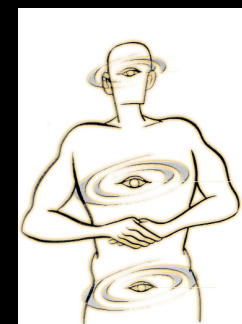
# shoot the gun - ride the bullet!



**live  
from  
the  
head  
the  
heart  
& the  
belly!**

~ we are but the sum of 3 key parts = *intelligence, resonance, and presence* ~ whereby each part supports the other ~ learn how each part shapes what you present to the world! ~ what will you allow yourself to be!

~ the point of choice is to **be me & co-exist!** ~ to know the effects of your actions ~ to front up to what parts of you need to change ~ learn how to enhance your relationship with work, family and friends ~ action to enrich all life!



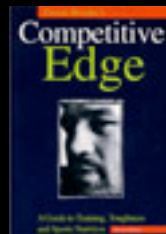
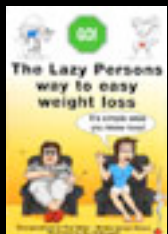
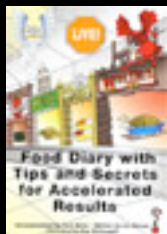
- beware! you will dance!

**- shoot the gun - ride the bullet!**



lee's keynote session is about the point of choice - to **be me and coexist!** - how all things stem from who we are first! - action to live from the head, the heart and the belly for **total well-being!**

lee parore the barefoot warrior for health, well-being and athletic performance, an author, keynote speaker & naturopath - his clients have included jonah lomu, david tua, sean fitzpatrick, zinzan brooke, the sultan of brunei, americas cup teams and around the world yachting crews!



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