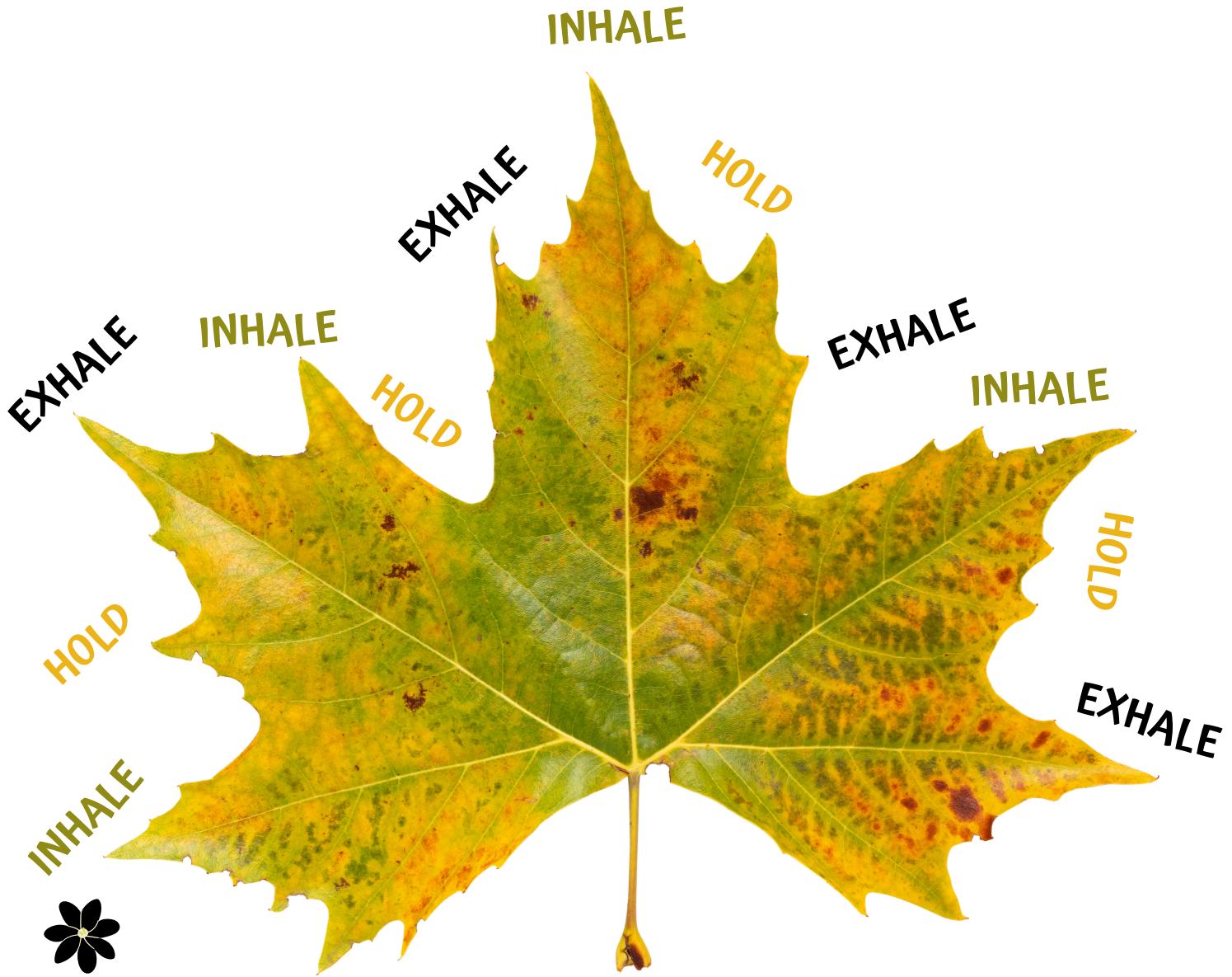


TIME TO RELAX



BREATHING WITH TREES



Start at the left side at  .

Follow the outline of the leaf and instructions with your finger (INHALE - HOLD - EXHALE).

Repeat as long as you want.