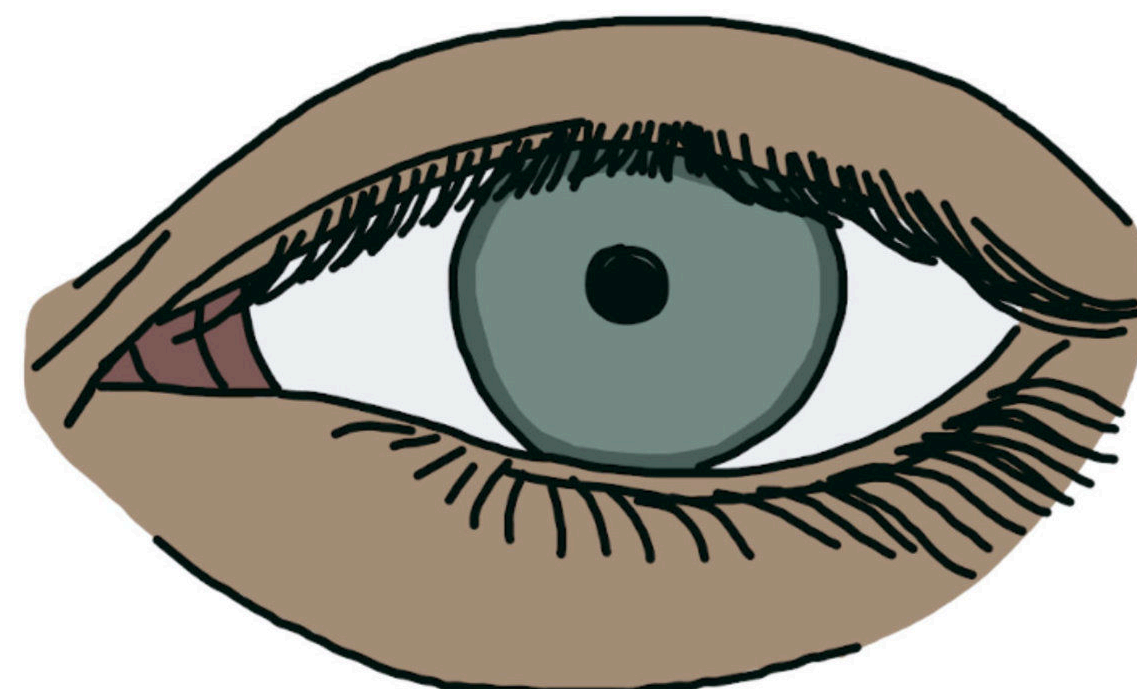


TAKE A BREAK!

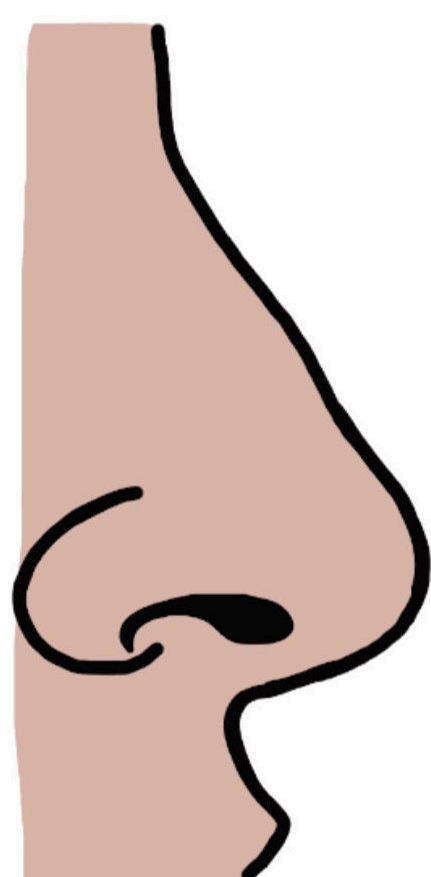
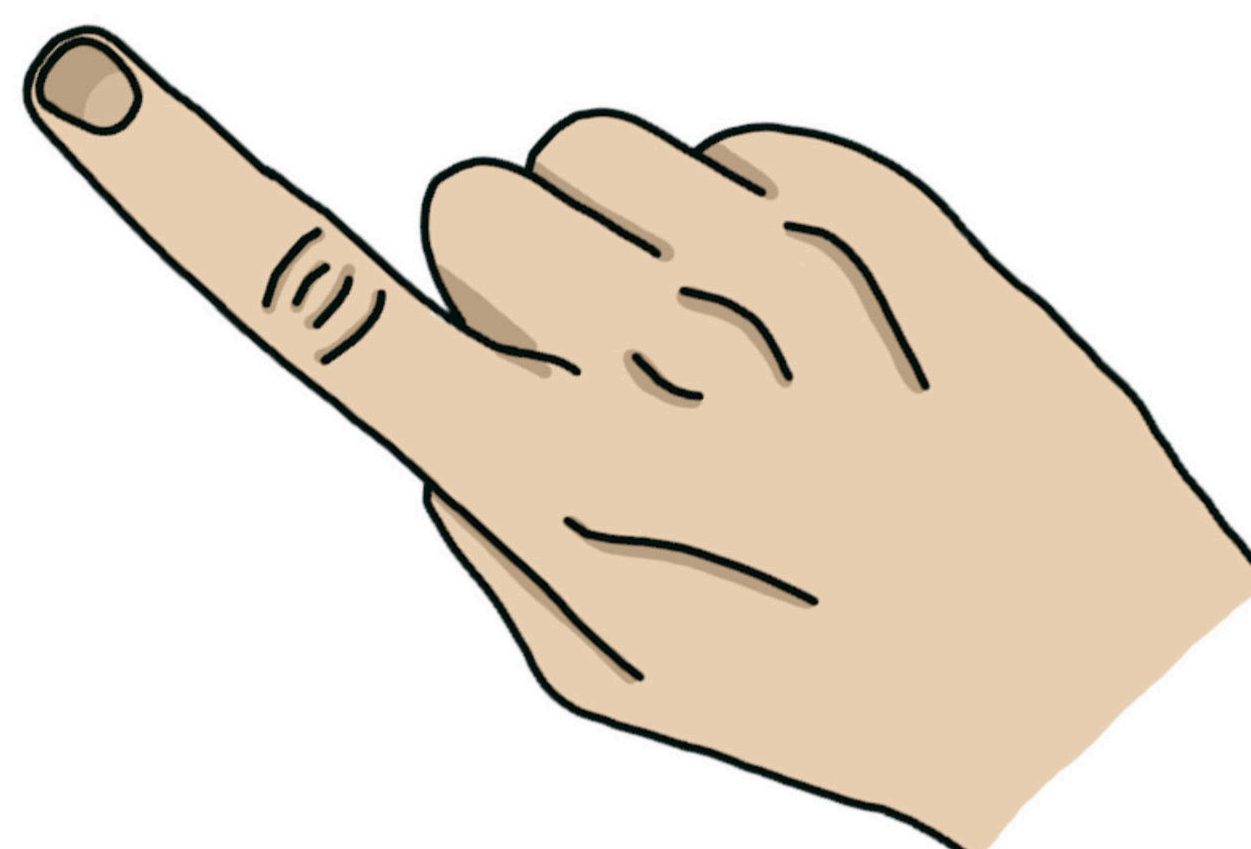
Turn OFF your mind and turn ON your senses.
Focus on the world around you. Start by thinking about...

5 Things
you can
SEE



4 Things
you can
HEAR

3 Things
you can
TOUCH



2 Things
you can
SMELL

1 Thing
you can
TASTE

