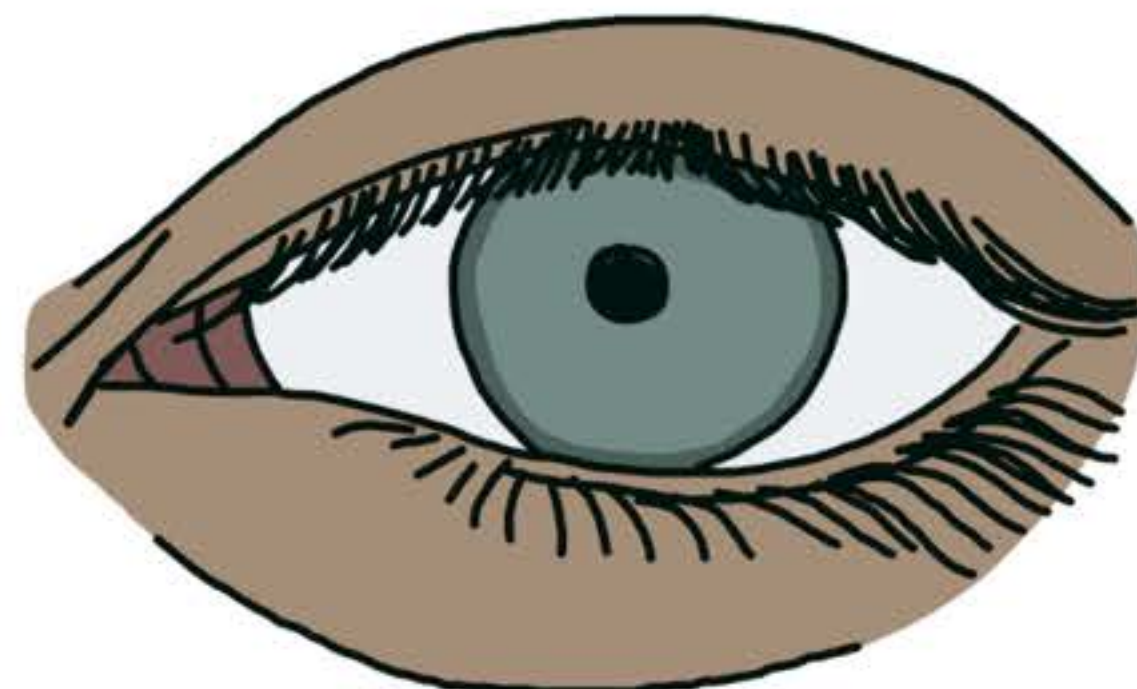


TAKE A BREAK!

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

5

Things
you can
SEE

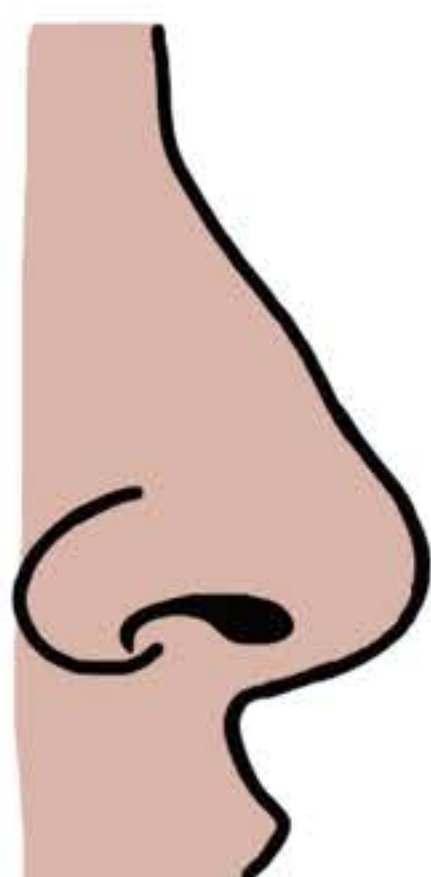
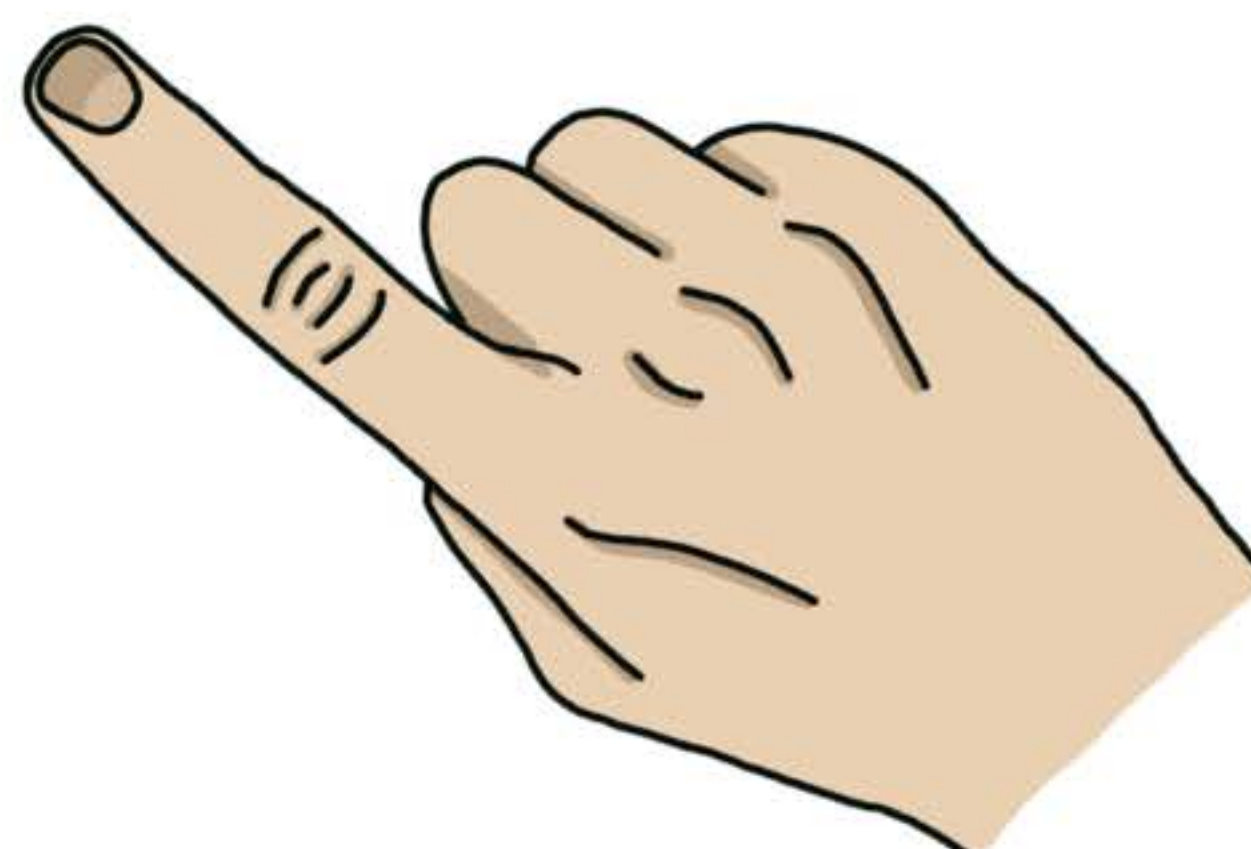


4

Things
you can
HEAR

3

Things
you can
TOUCH



2

Things
you can
SMELL

1

Thing
you can
TASTE

