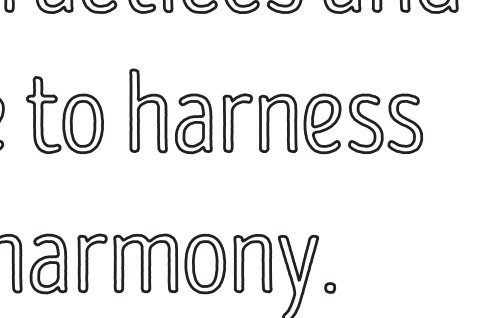
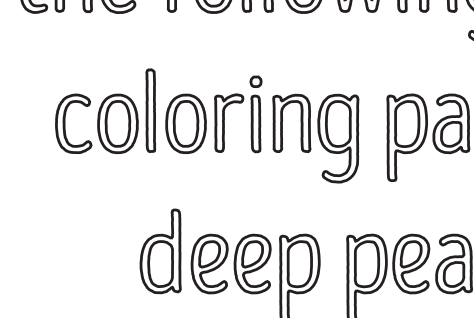


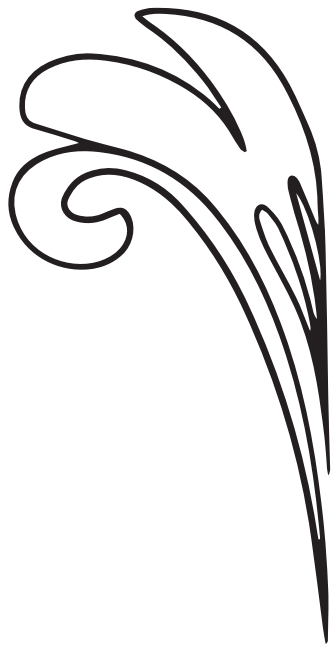


CALM

How soothing it is to find your calm and peace. With calm, you can more readily and effectively respond to life's ups and downs.

Bringing your palms together is one way of slowing down and calming through the body. Use the following Calm practices and coloring pages here to harness deep peace, and harmony.






REBOOT

your brain with this

PRECIOUS

BREATH



When emotions or cravings make it hard to think straight, take a simple breath to reboot your brain's hard drive.

- ⇒ Find a quiet place and settle in.
- ⇒ Get curious about each breath as you breathe naturally.
- ⇒ Visualize your belly like a balloon expanding with the in-breath.
- ⇒ Exhale slowly to the count of four. (If your belly's not moving in and out, place your hands behind your back.)

Reboot with breath daily!

