

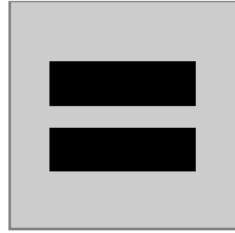
Calm Down

Calm Down

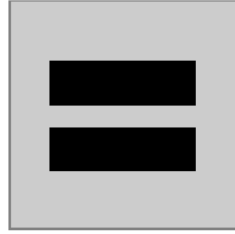
Calm Down

Calm Down

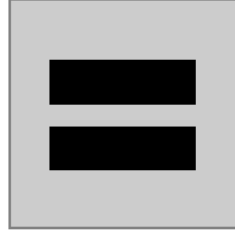
pause



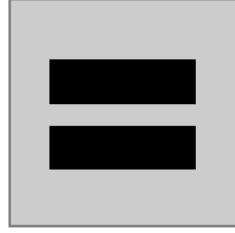
pause



pause



pause



hand



hand



hand

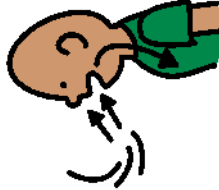


hand



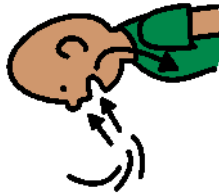
5 belly

breaths



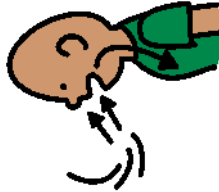
5 belly

breaths



5 belly

breaths



5 belly

breaths

