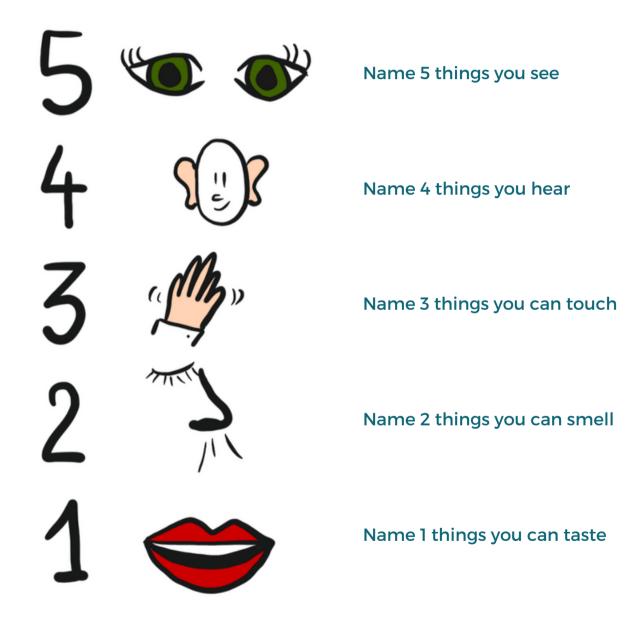


An easy exercise that you can do at any time and in any place in order to calm your mind and your body.



During the exercise be sure to breathe mindful with focus on each item you notice

ANA M. MARIN COACH



WORKBOOK