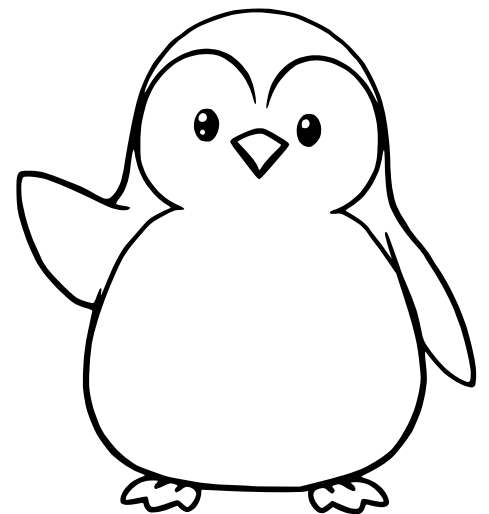
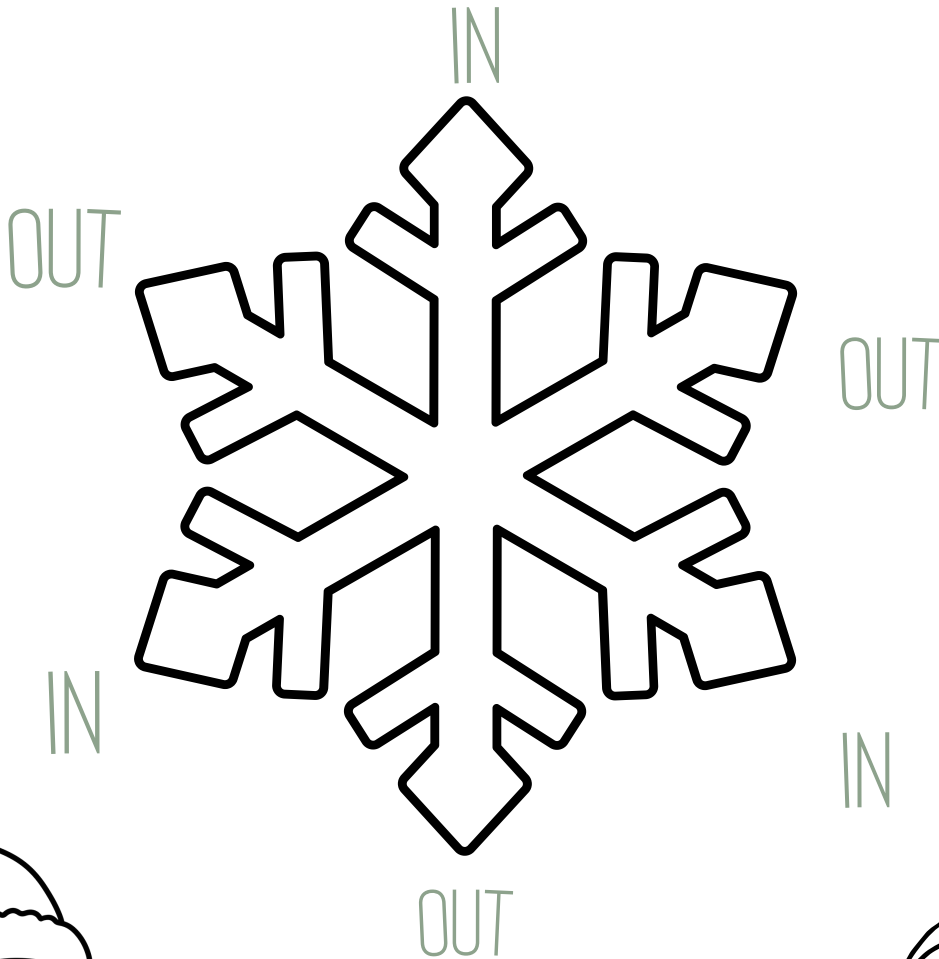




SNOWFLAKE

Breathing



Breathe in as you colour one snowflake arm, and breathe out as you colour the next snowflake arm. Nice and slow.

I AM CALM LIKE WINTER SNOW