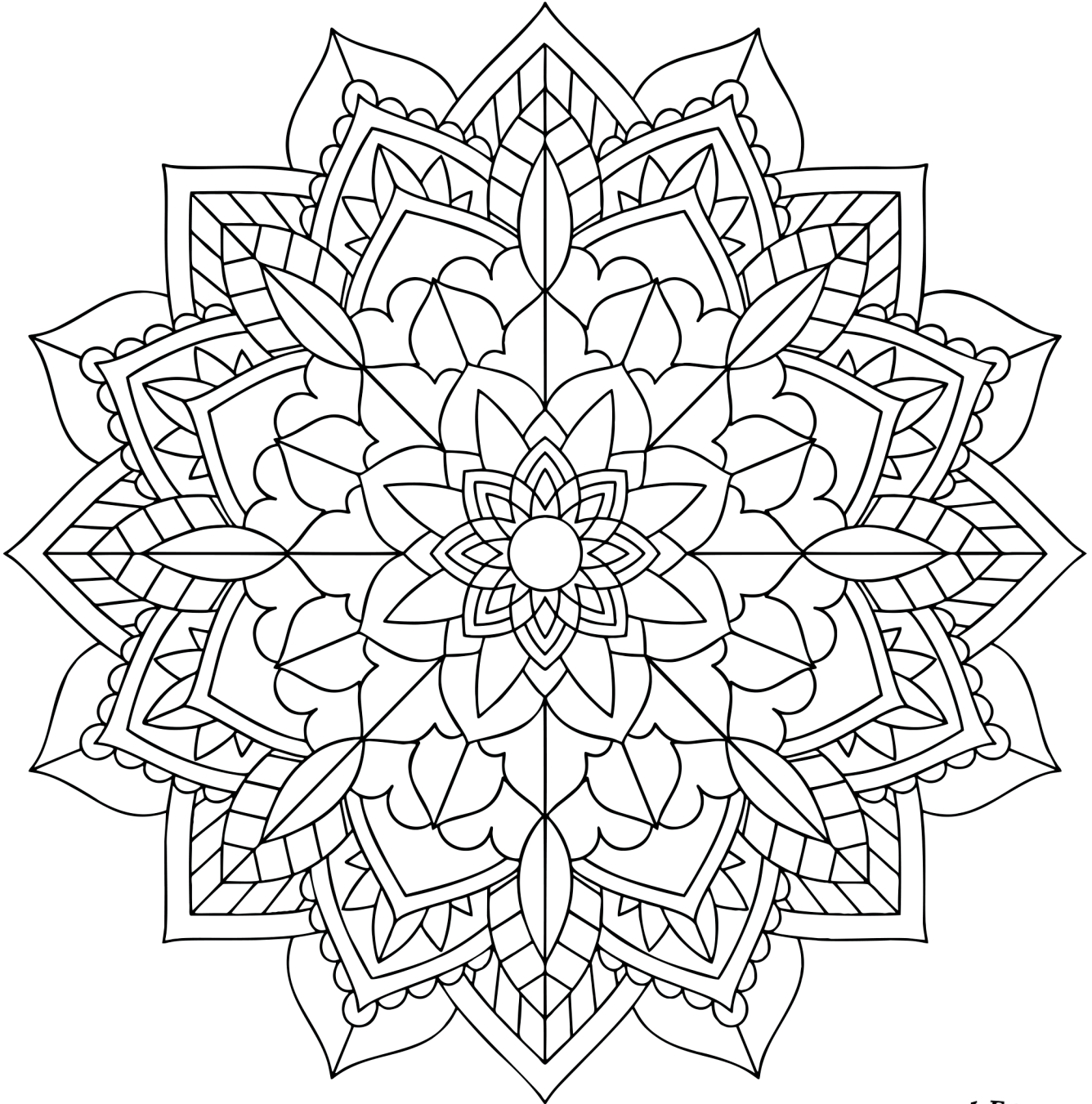


mandala



ART THERAPY
EXERCISES

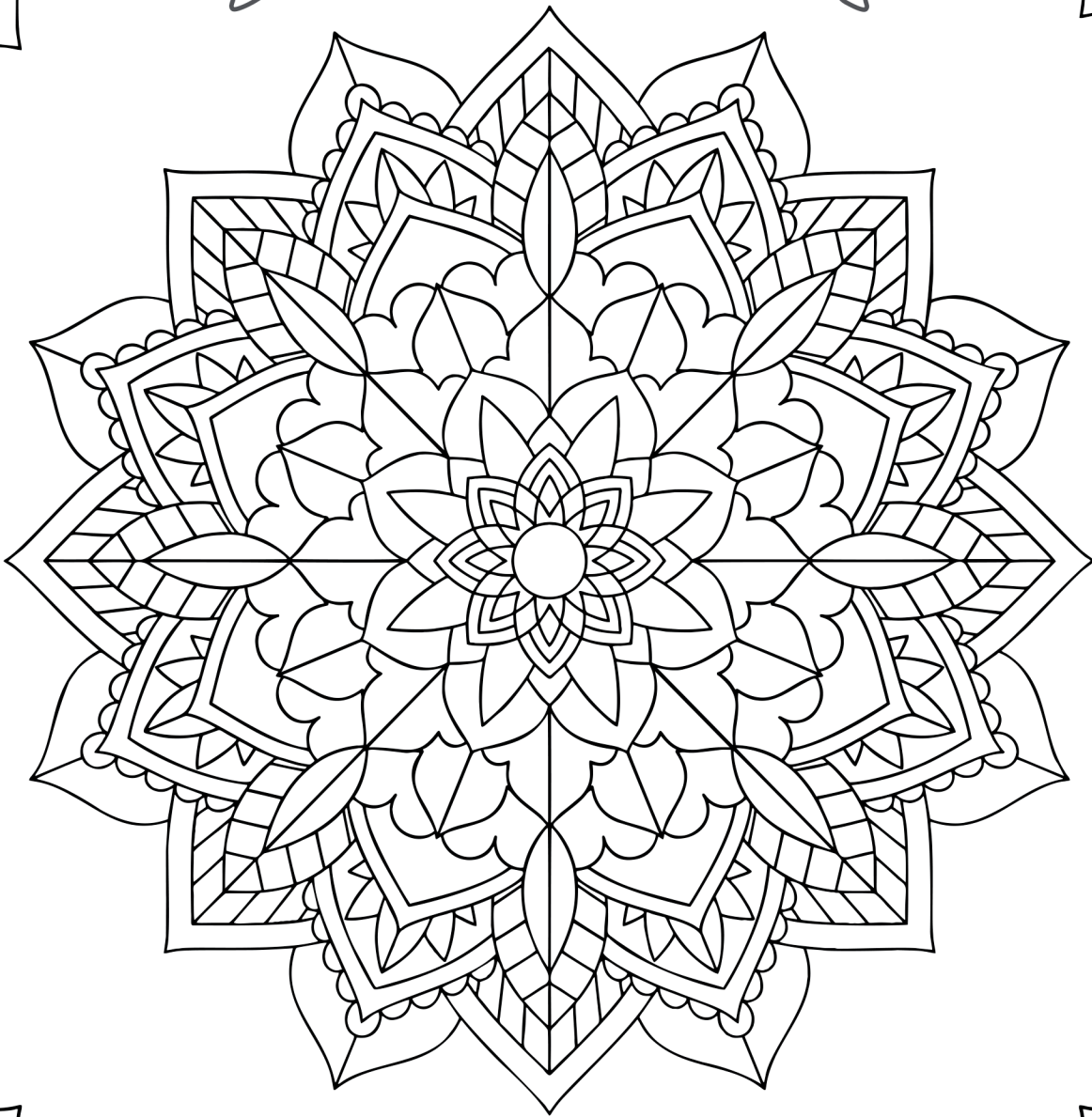


MINDFULNESS - RELAXATION - MEDITATION

THE OHMFICIENT®



Relaxation

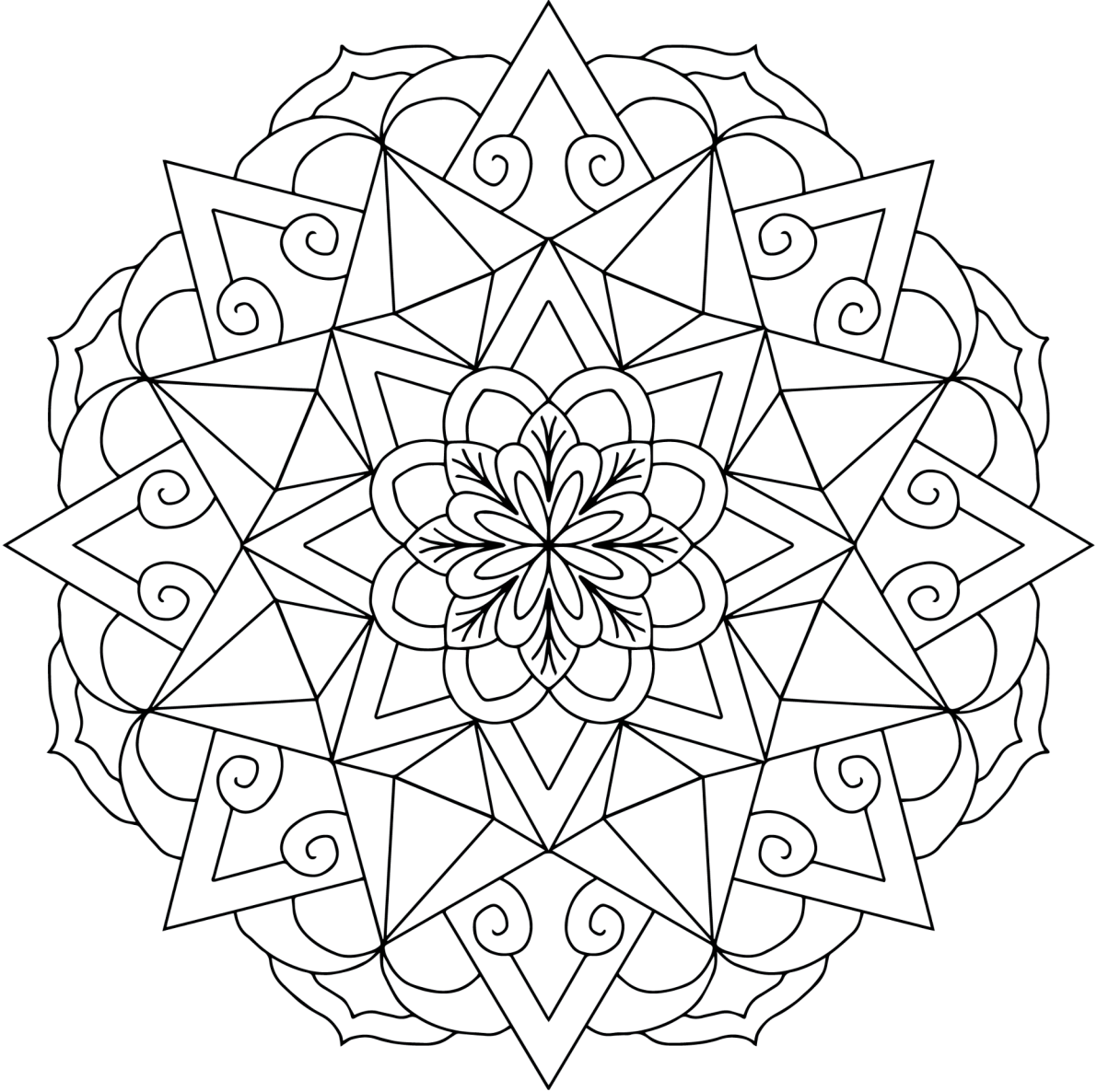


Relaxation

THE OHMFICIENT[®]



Reflection

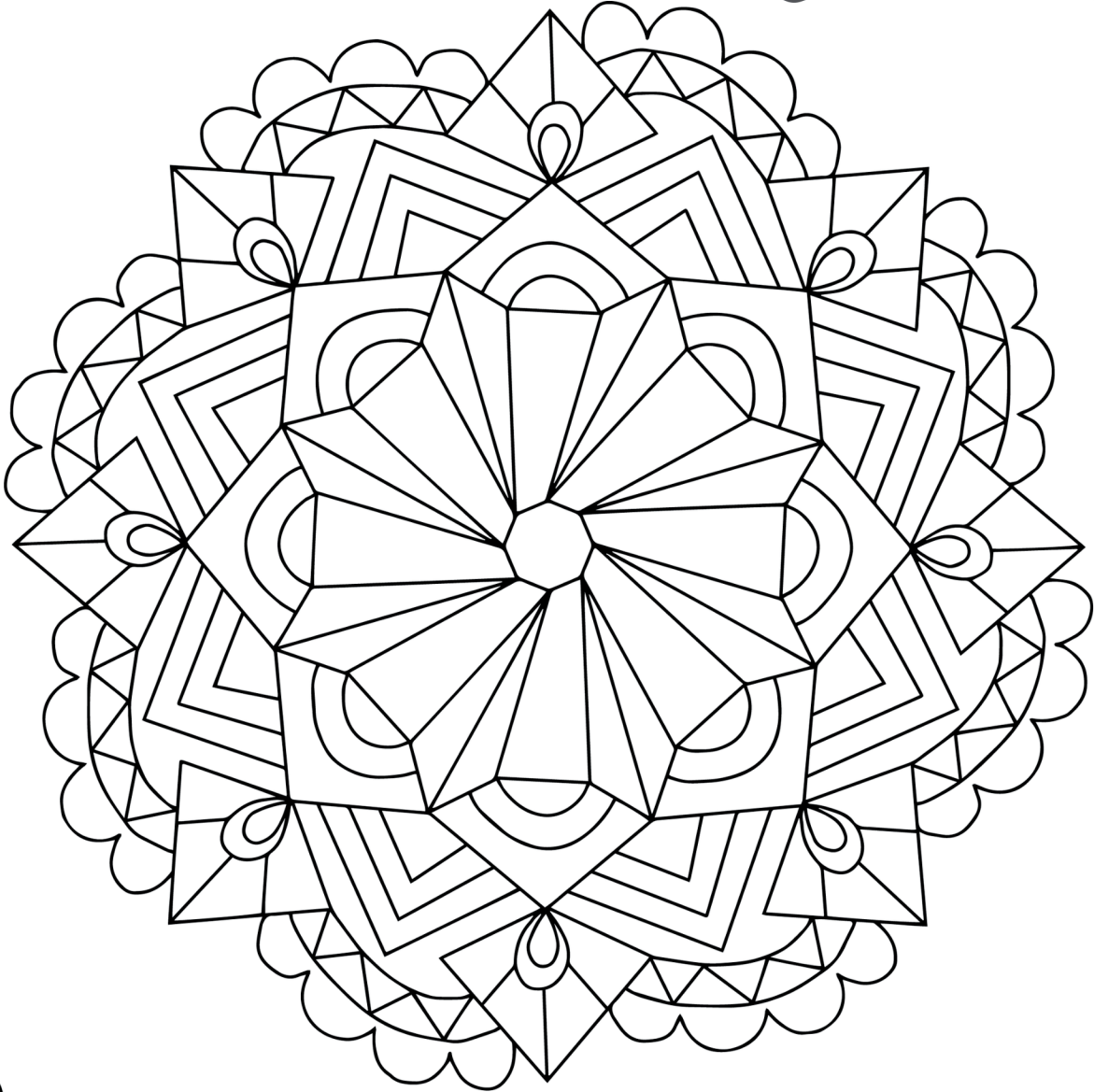


Reflection

THE OHMFICIENT®



Creativity

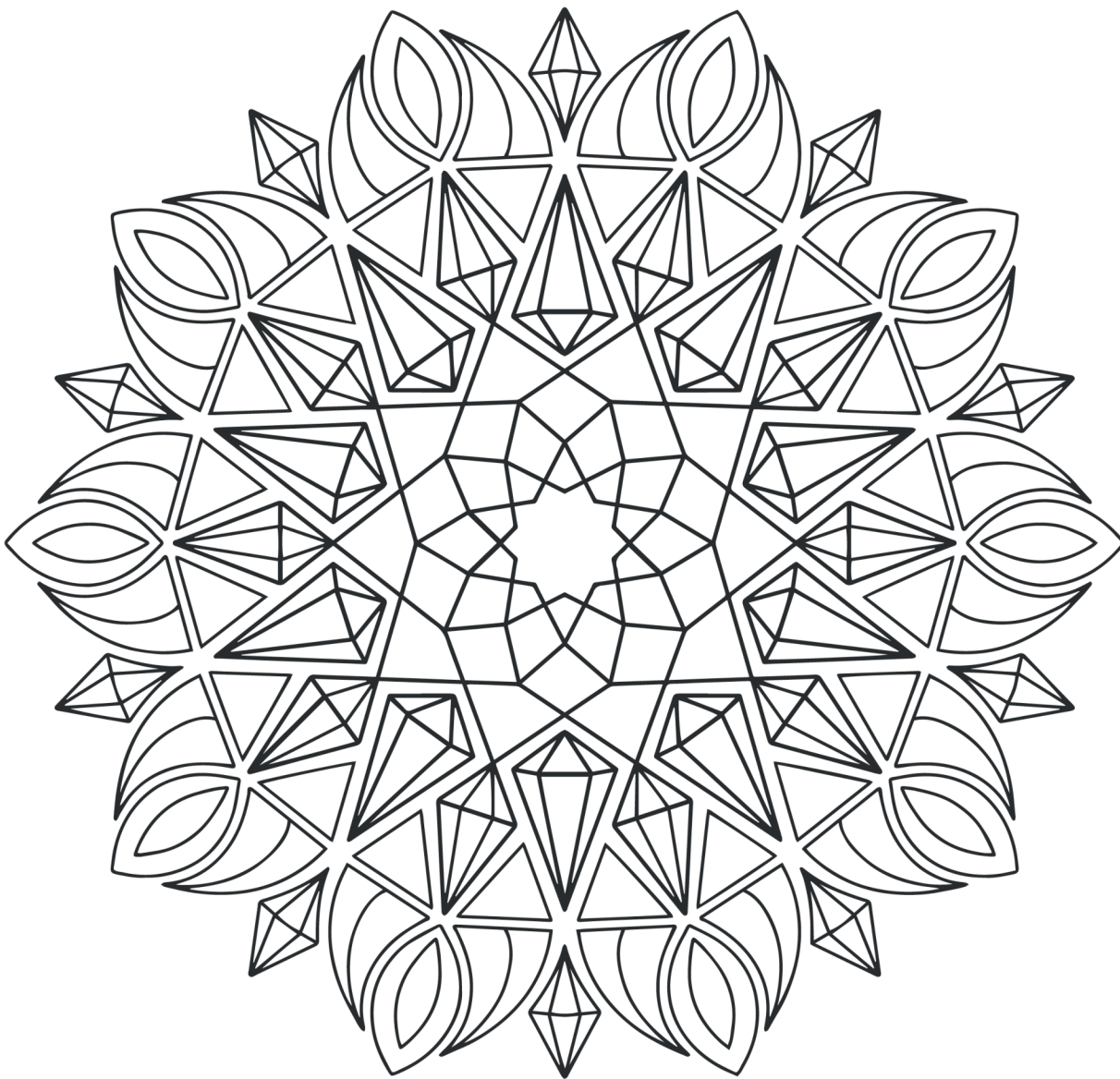


Creativity

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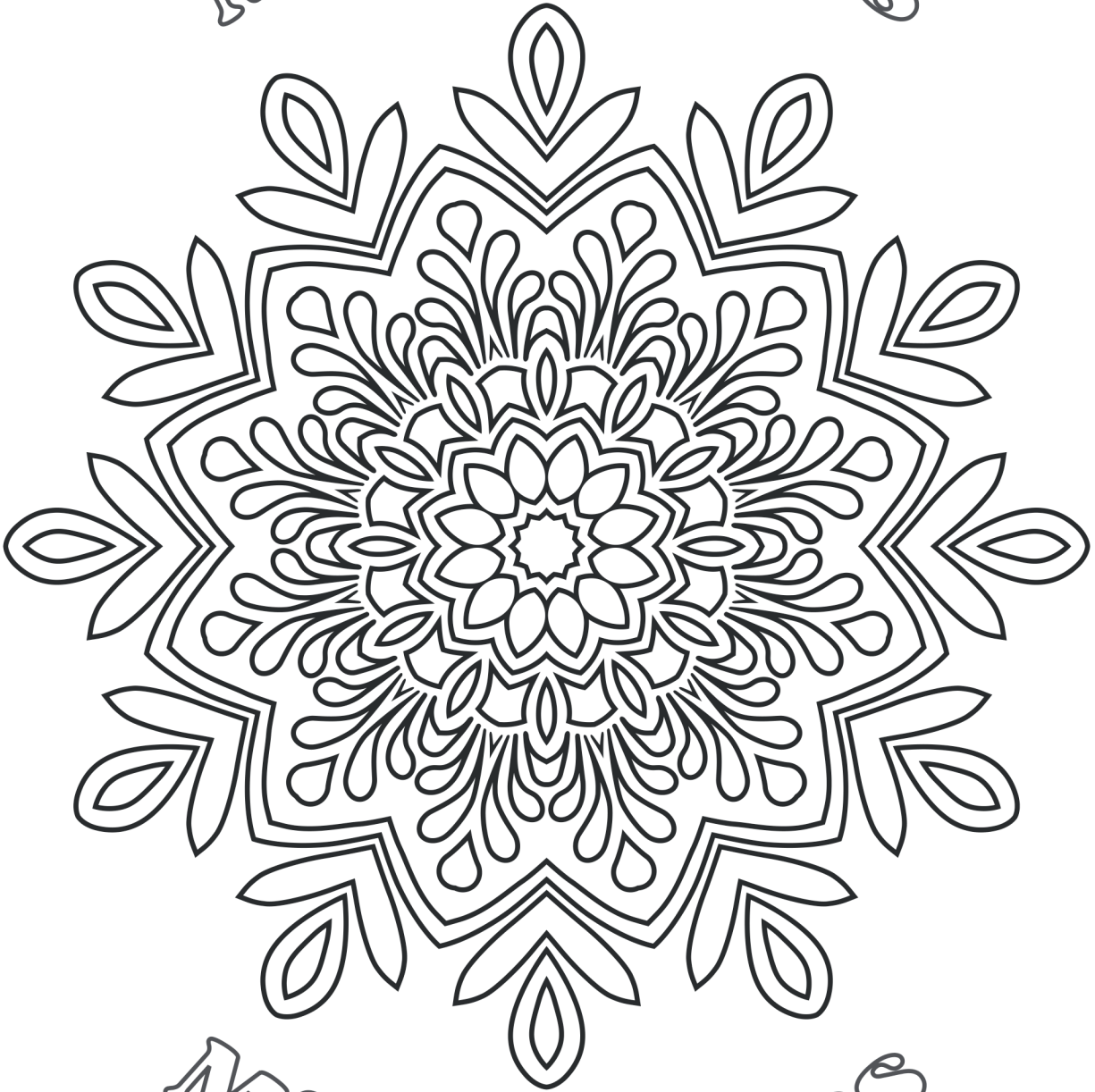


Happiness

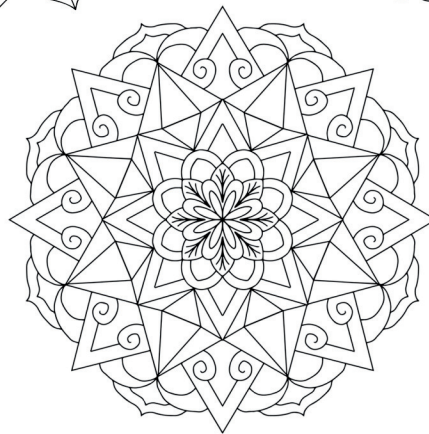
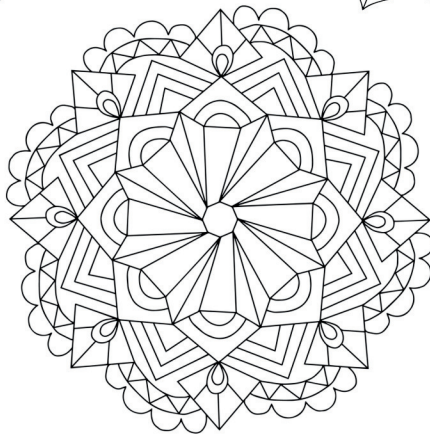
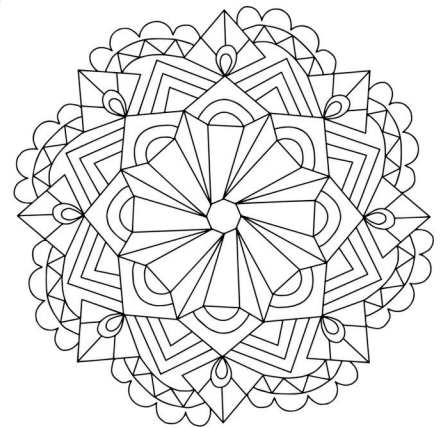
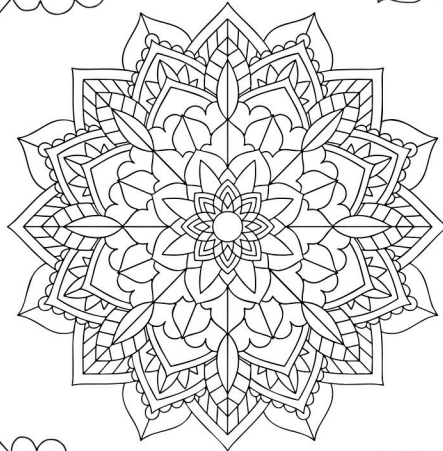
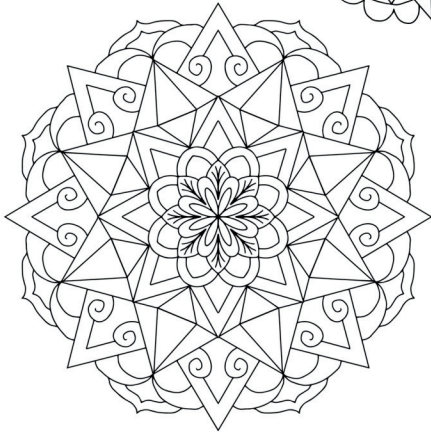
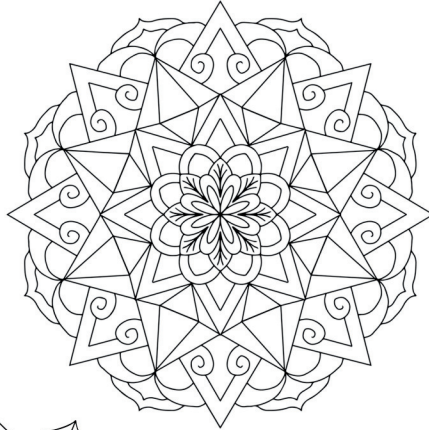
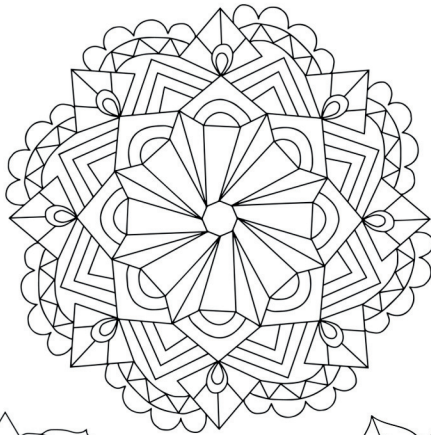


Happiness

Mindfulness



Mindfulness



I now pronounce you centered and at peace-Esh