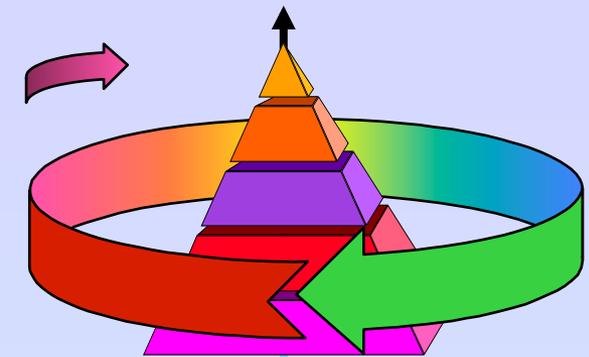


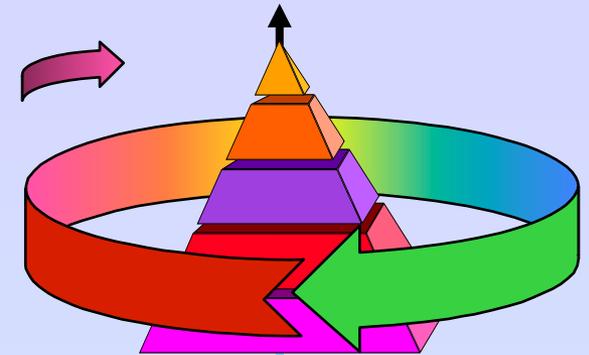
Introducing

Deep relaxation
- seated -



You are the source of joy.
Joy comes from the inside.

Deep relaxation



Before starting, drink a glass of water.

Water is an important contributor in achieving deep relaxation.

The deep relaxation guided routine will take 10 minutes.

It is recorded in an audio file
which you can start when you click here:

<http://www.mindstuff.info/deeprelax/deeprelax1.MP3>

After you have started the audio, click for the next slide and

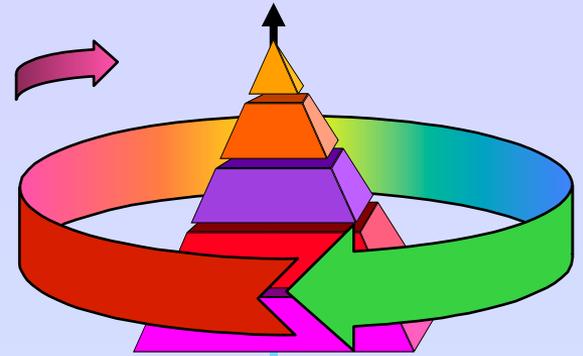
relax

relax

relax



Deep relaxation



I hope you enjoyed it

End of this session,
return to menu.