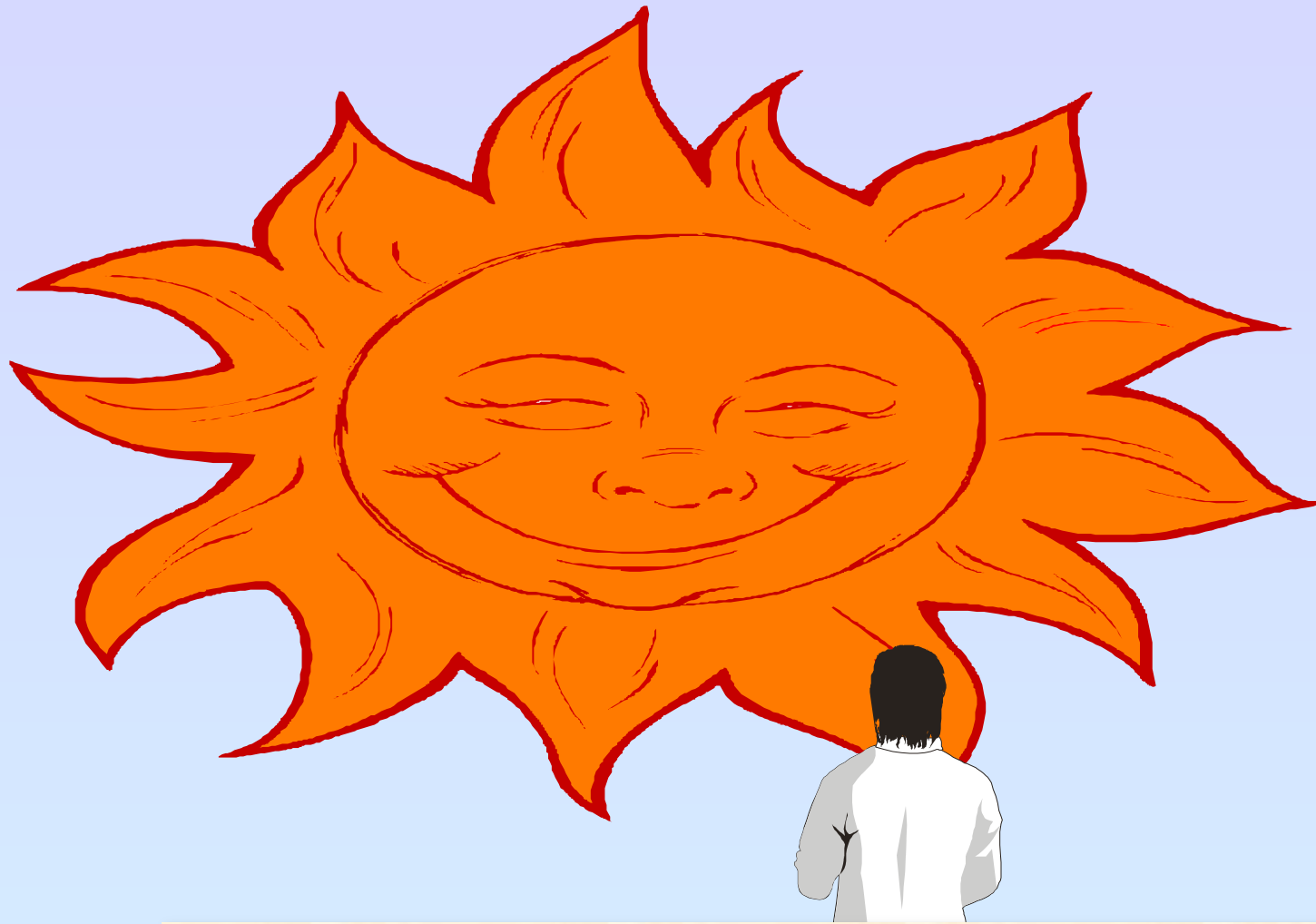


Relax for a moment  
and follow your breath



# Inner Smile

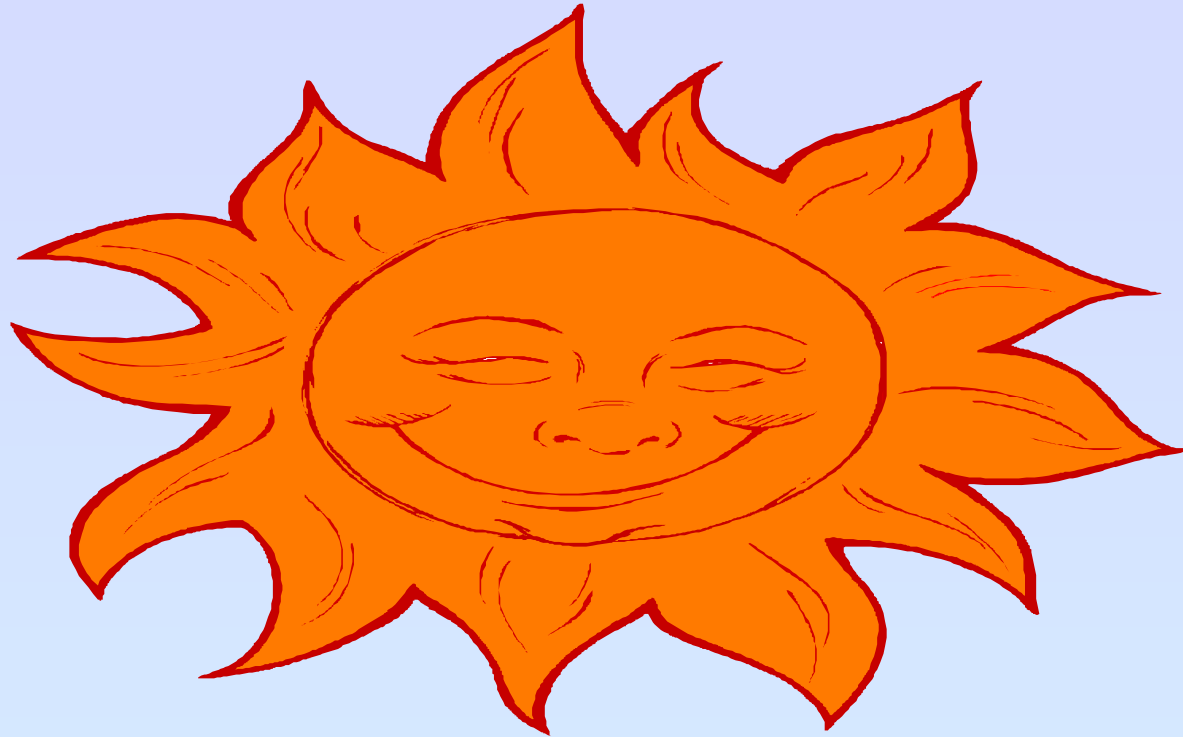


Lift up the  
corners  
of your  
mouth.



Feel the smiling energy enter your body  
through your eyes.

# Inner Smile



*Wow that feels good!*

End of session, return to menu.