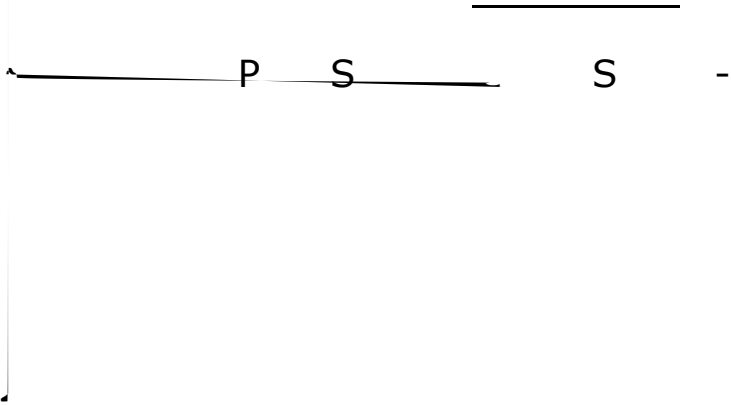


!

!  
!  
!

**BA**

SERIES 2



I

E

E EE

E EI E E EI I

E



















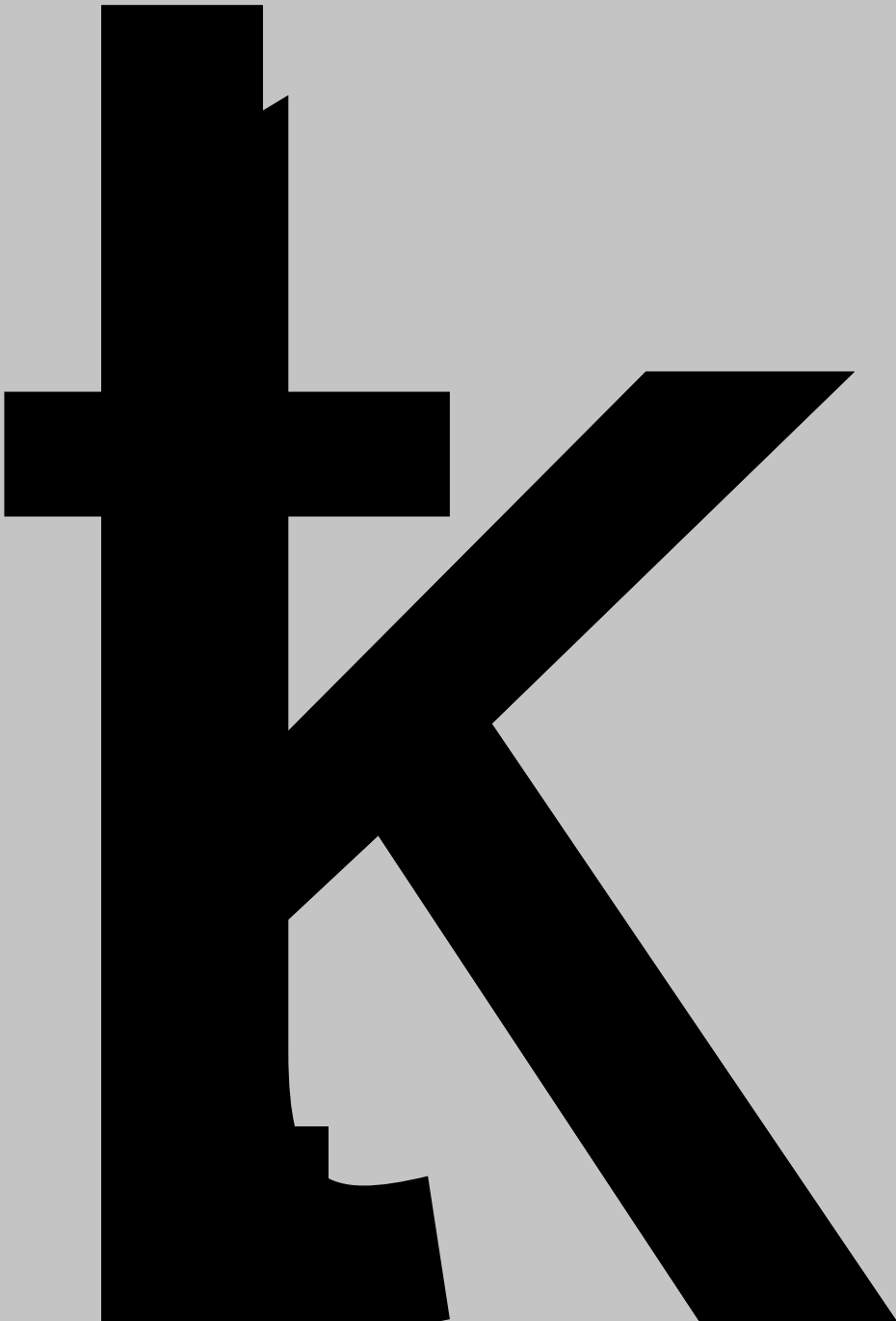


TIw













































Close your eyes. And gently focus on your breath. Good. And now breathe in... And then out. In... and slowly out.

p

With each out-breath let all your fears and worries ebb away... You are warm.