

Calm time

1



Smell the flowers



Blow

the



candle

2



Smell the flowers



Blow

the



candle

3



Smell the flowers



Blow

the



candle

4



Smell the flowers



Blow

the



candle

5



Smell the flowers



Blow

the



candle

1



Shoulders



up



Shoulders



down

2



Shoulders



up



Shoulders



down

3



Shoulders



up



Shoulders



down

4



Shoulders



up



Shoulders



down

5



Shoulders



up



Shoulders



down

1



Stretch

and



Squeeze

2



Stretch

and



Squeeze

3



Stretch

and



Squeeze

4



Stretch

and



Squeeze

5



Stretch

and



Squeeze

1



Smell the flowers



Blow

the



candle

2



Smell the flowers



Blow

the



candle

3



Smell the flowers



Blow

the



candle

4



Smell the flowers



Blow

the



candle

5



Smell the flowers

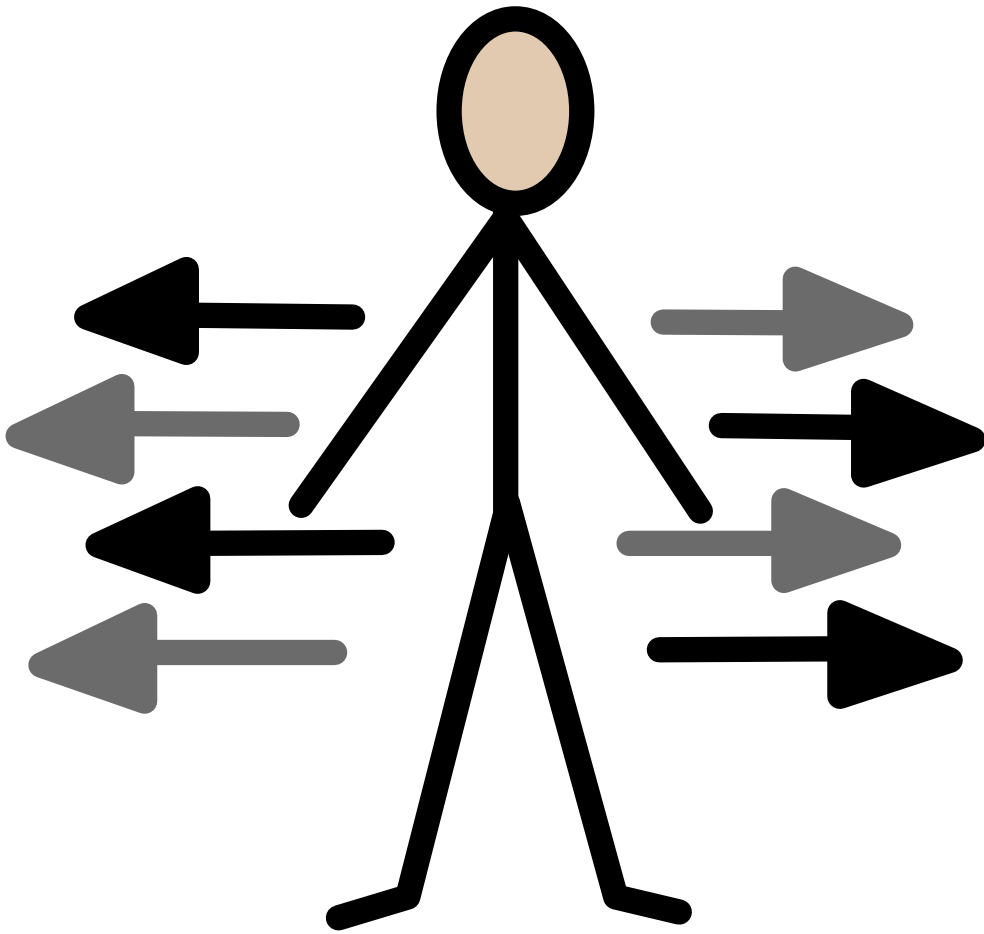


Blow

the



candle



Shake!