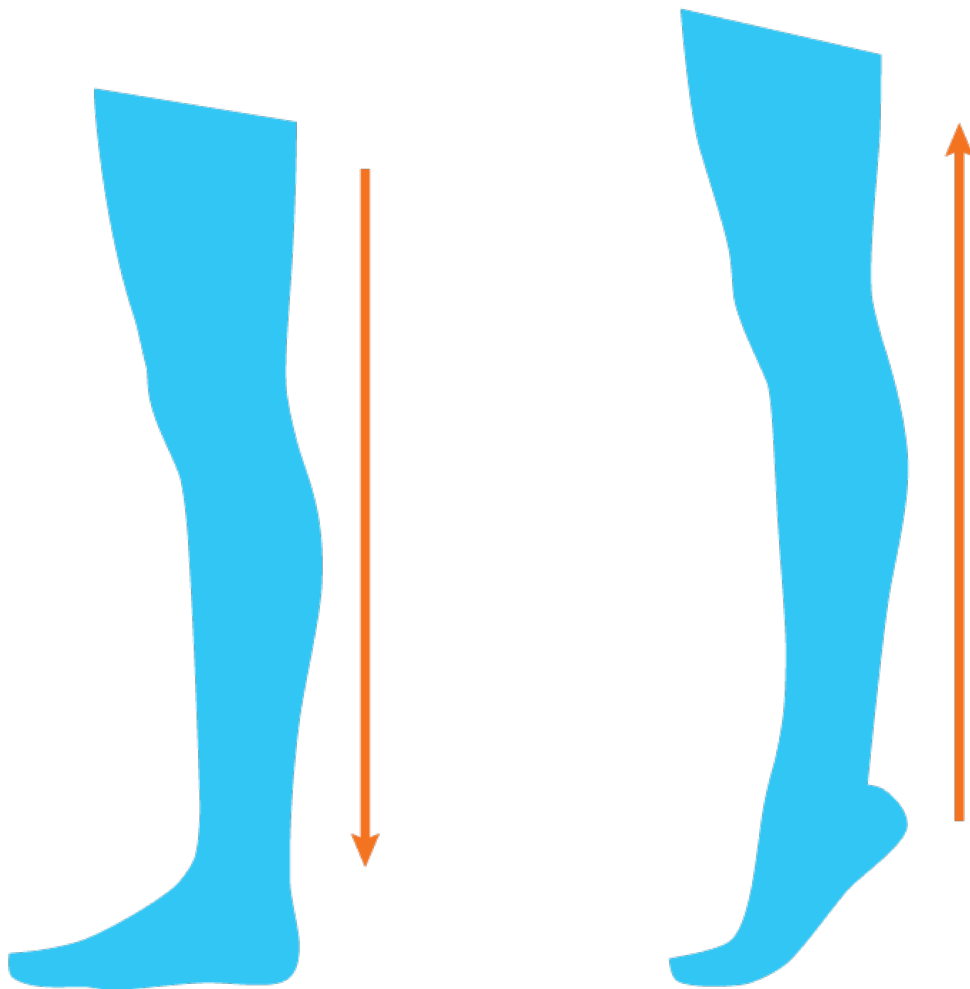


CALMING & REFOCUSING

Calf Raises

Find a comfortable position with feet shoulder width apart. Raise heels off the ground, balancing on your toes. Slowly inhale when raising your heels and exhale when lowering your heels.



Exhale

Inhale