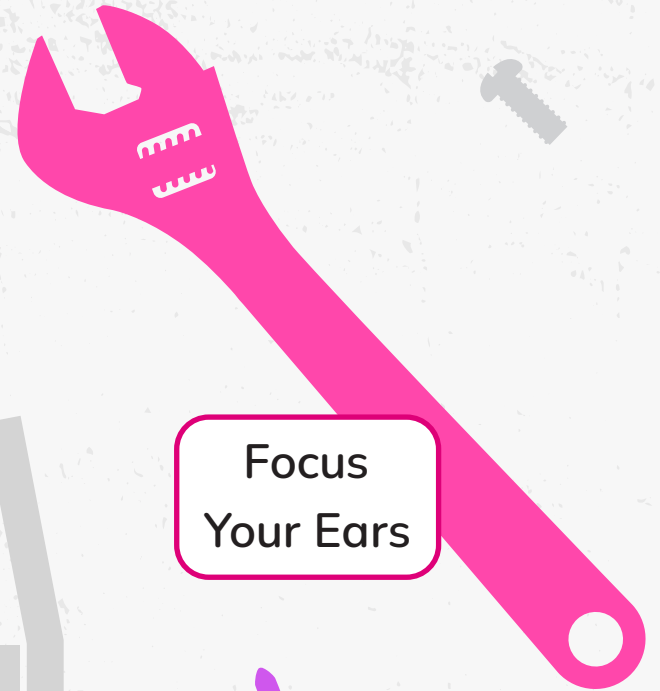




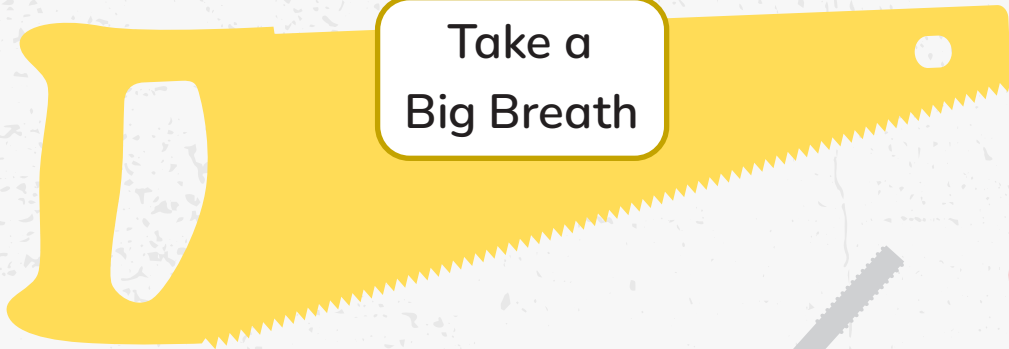
Practice,  
Practice,  
Practice



Bring Your  
Thoughts Back



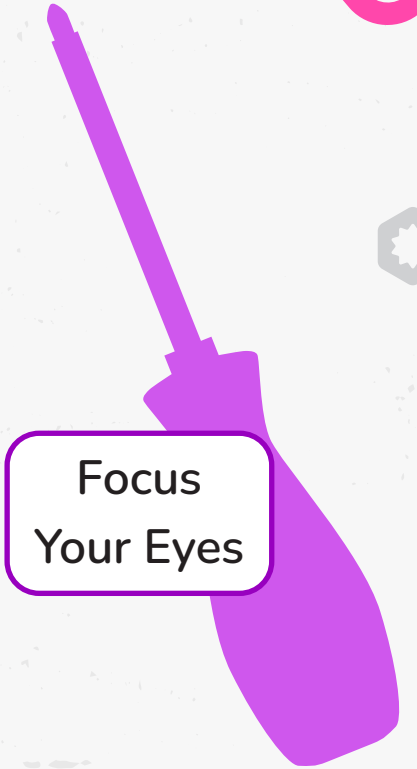
Focus  
Your Ears



Take a  
Big Breath



Focus for a  
Short Time



Focus  
Your Eyes