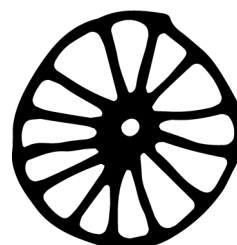


CALM

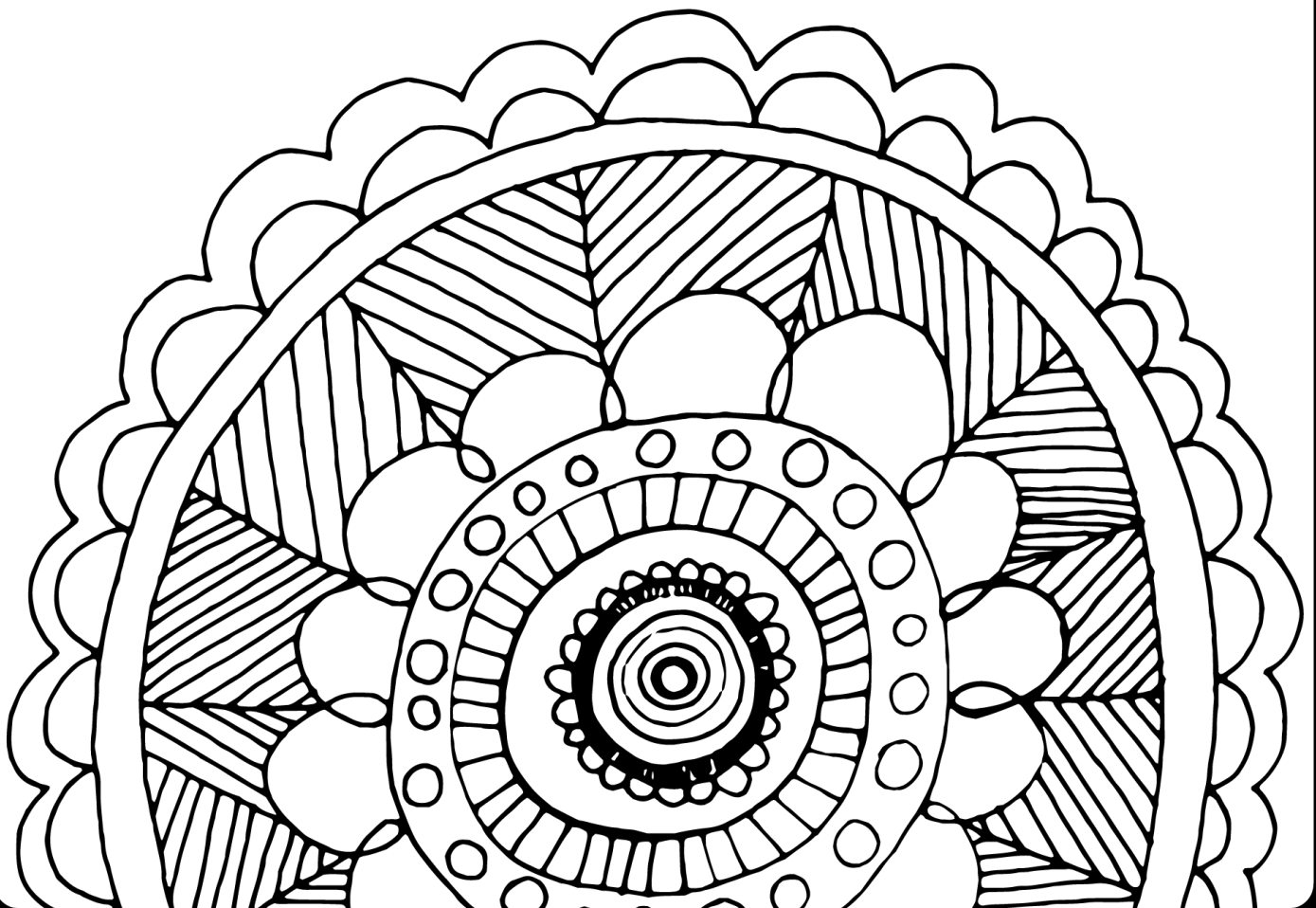
BODY

QUIET

MIND



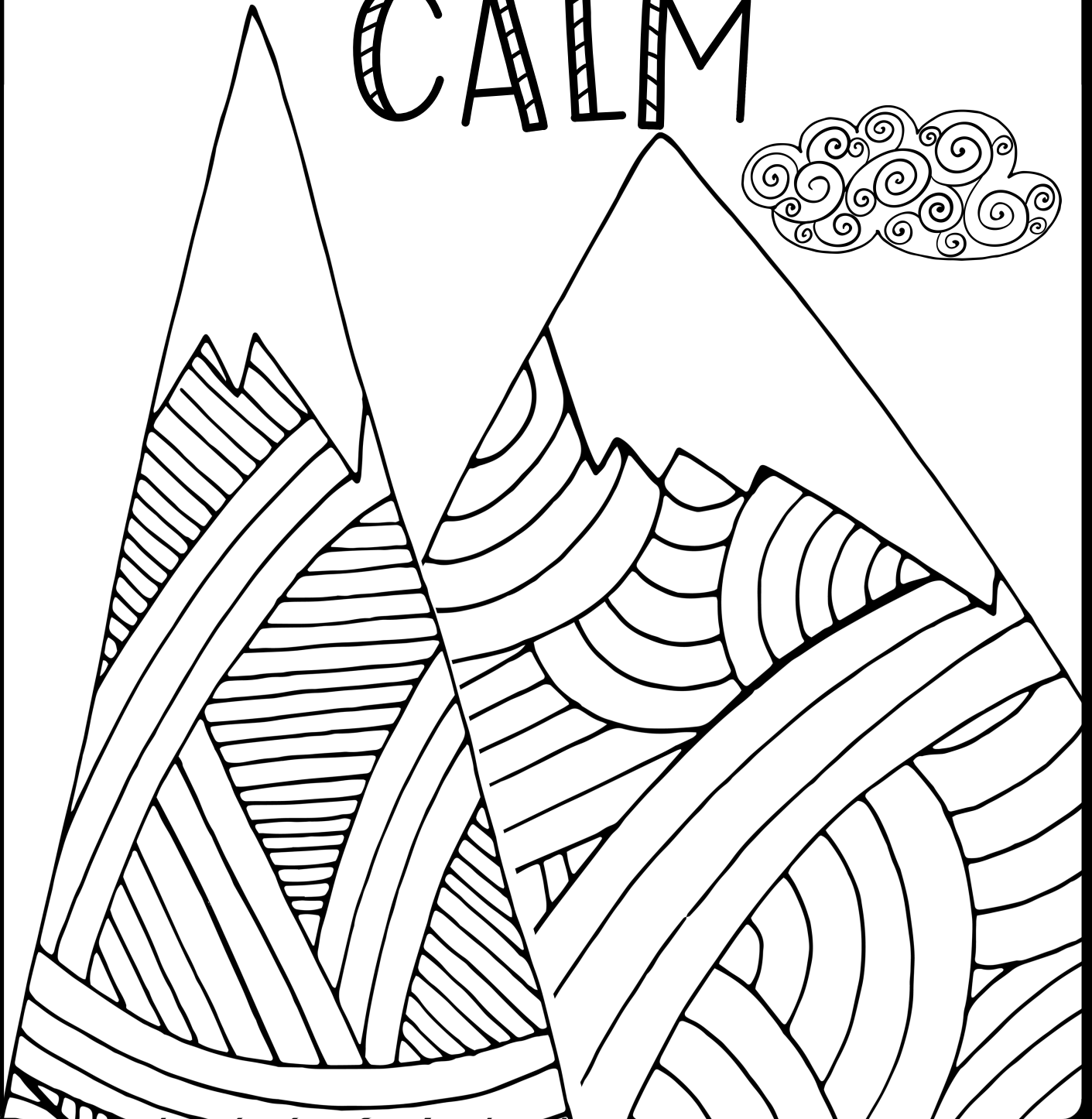
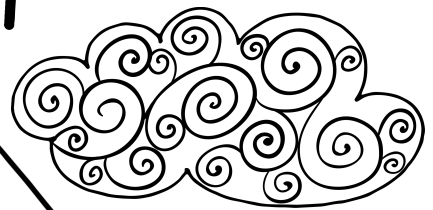
JUST
BREATHE



CREATE

Your own

CALM



The page is framed by a thick black border. In the four corners, there are intricate black-and-white line drawings of floral and mandala-like patterns. The top-left pattern features a central circle with radiating lines, surrounded by concentric rings of dots and larger circles. The top-right pattern has a scalloped outer edge and internal sections filled with parallel lines and dots. The bottom-left pattern is a complex mandala with multiple layers of geometric shapes, including circles, triangles, and lines. The bottom-right pattern shows a large, stylized flower or sunburst shape with a central circle and radiating petals or rays.

BREATHE
IN
BREATHE
OUT