



**YOU'RE
DOING
REALLY
WELL**



RELAX YOUR JAW



**BREATHE OUT
TENSION,
BREATHE IN
CALM**



**YOU'VE
GOT
THIS**





DROP YOUR ELBOWS



**YOU
ARE
INCREDIBLE**



GO EASY



**YOU'RE
DOING AN
AMAZING
JOB**



BREATHE



GO

DEEPER



YOU'RE

MY

HERO



I LOVE YOU