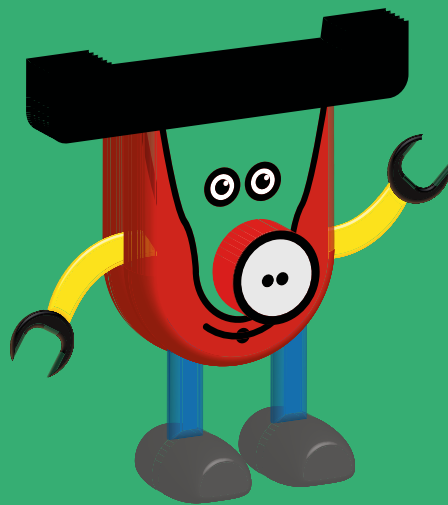


BREATHING IN
I CALM
BODY AND MIND.
BREATHING OUT
I SMILE.



Ina really likes this kind quote
by Thich Nhat Hanh

www.the-mettas.com/character/ina/