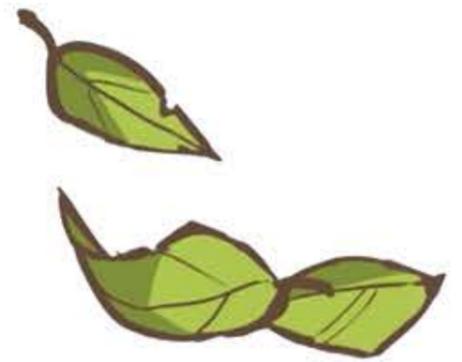




# T.A.M.E

Your **brain** with mindfulness

**T** = **Take 3** breaths



**A** = **Align** the spine

**M** = **Mind** on breath



**E** = **Eyes closed** or lowered



Scan to access the free animated resource here

