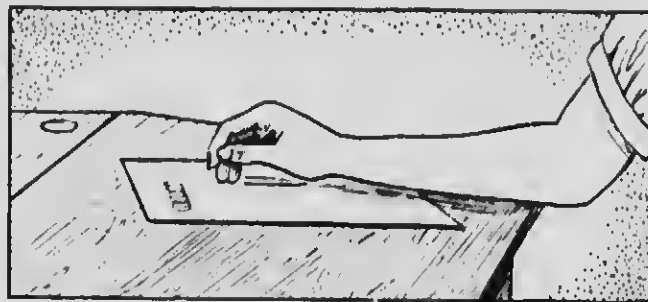


HOW TO RELAX



Fingers outstretched



Fingers turned under as in writing