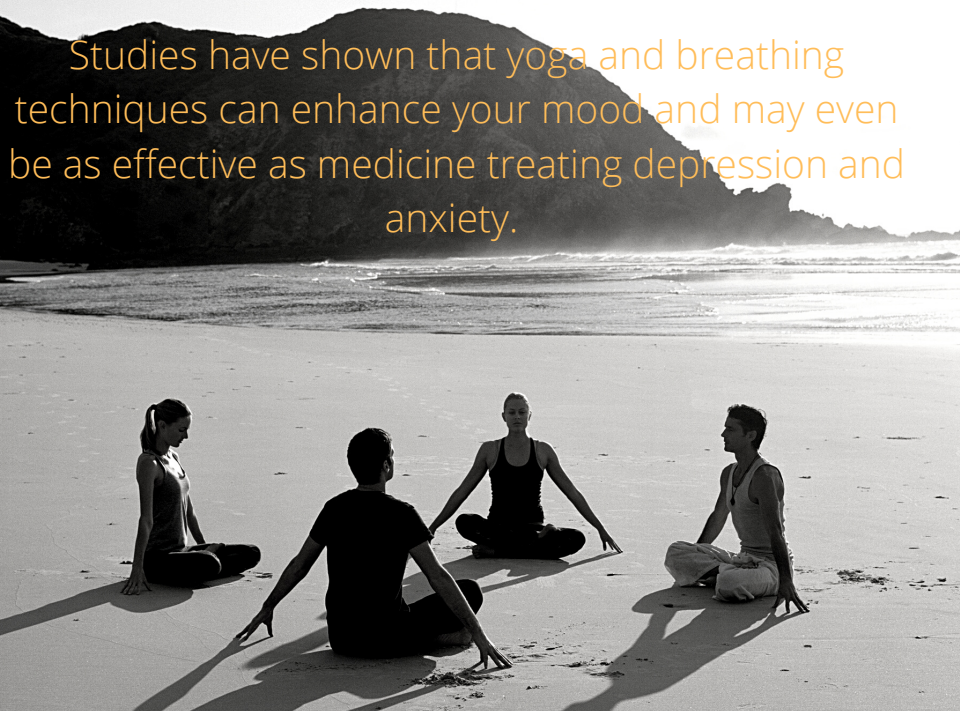


RELAX & RELEASE

Are you feeling stressed out due to graduation preparations? Nervous about your next exam?
Step away, relax, and release!!

Studies have shown that yoga and breathing techniques can enhance your mood and may even be as effective as medicine treating depression and anxiety.



VISIT THE LINK BELOW FOR MORE TIPS
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