

flow



In our world, we don't know how  
to slow down.



Let alone stop.

You can feel like you're missing out, as everyone races past you.



As your heart rate  
starts to normalize, though,



B-bmp  
B-bmp  
B-bmp

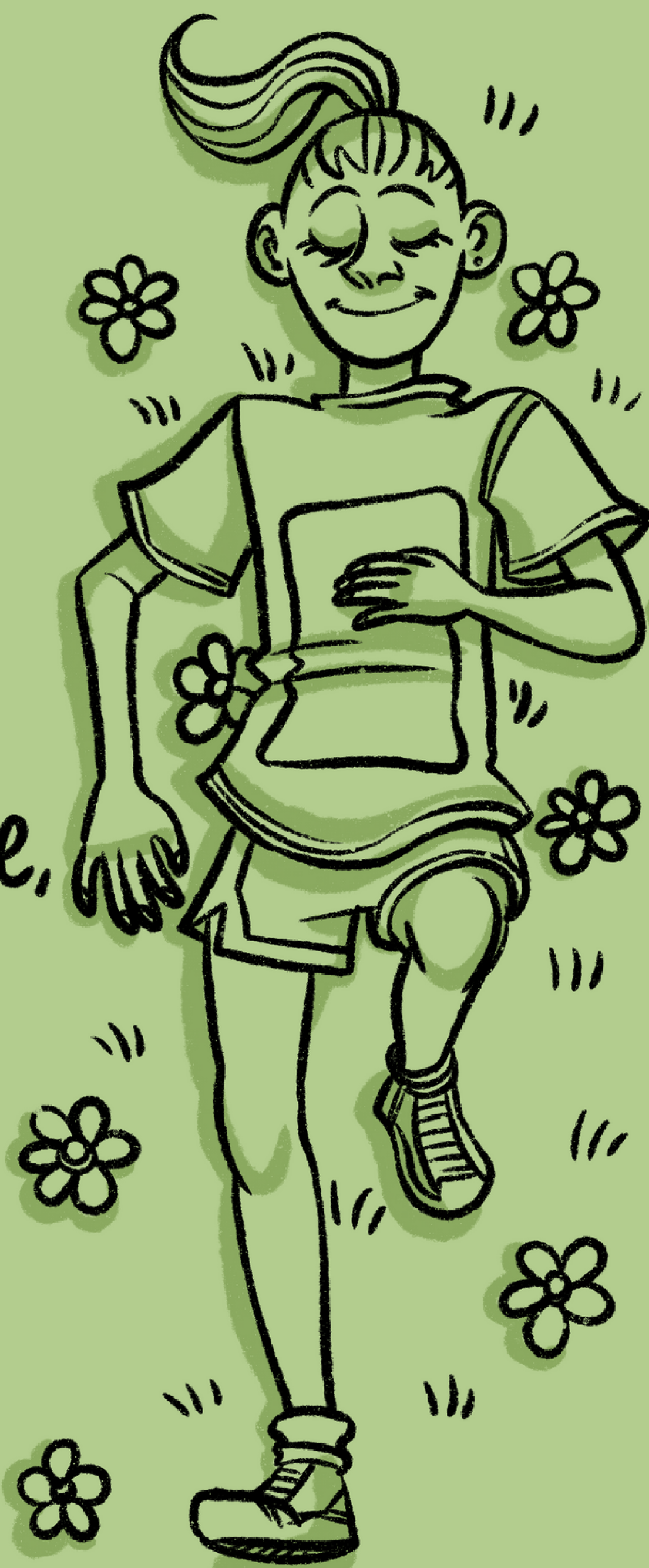
and your  
breathing  
becomes regular...

...you can begin to fully appreciate  
the true peace that can come  
in the



**PAUSE.**

Without it,  
speed is  
unsustainable,  
unhealthy.



In the  
pause  
comes a  
deep,  
invaluable

**REST.**