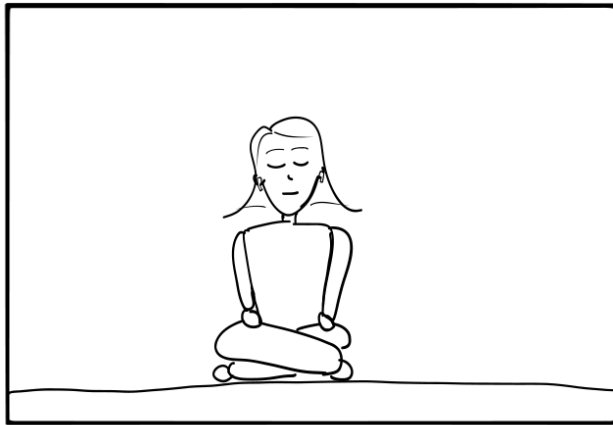


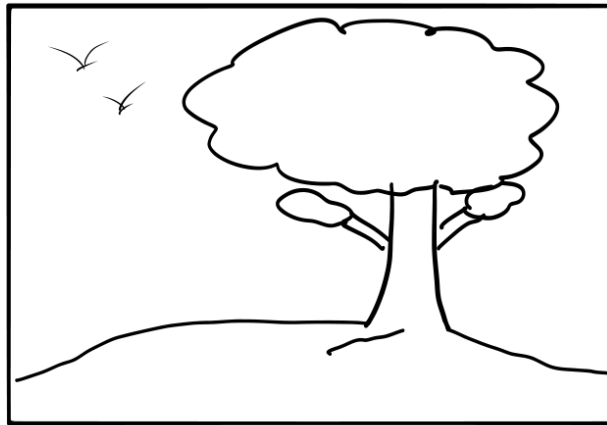
INTRUSIVE THOUGHTS



Lady meditating, birds chirping...

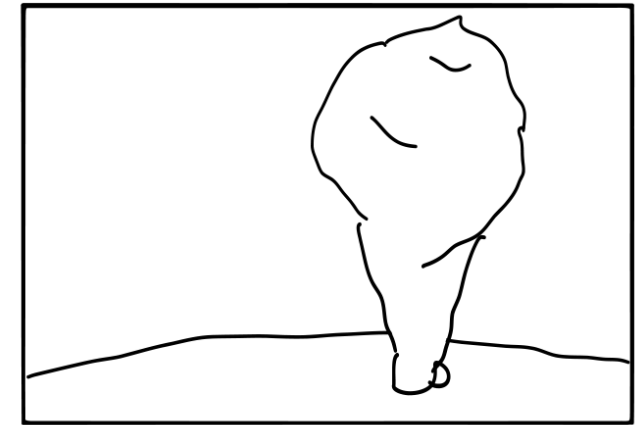
Instructor through the earpods: "Empty your mind..."

Camera drastically zooms into her brain...



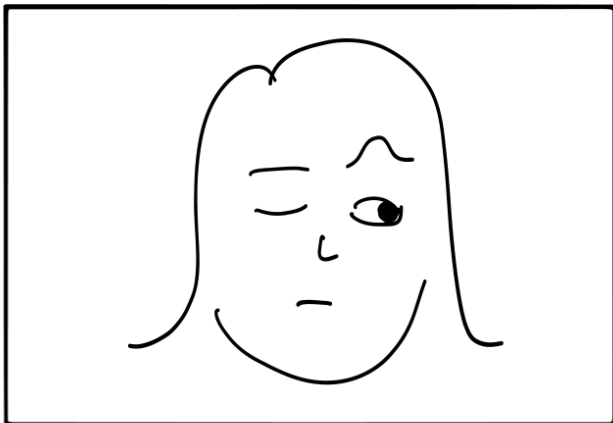
Lady visualising a beautiful tree on a little hill

Instructor through earpods: "Breathe in... and breathe out..."



Instructor: "Another big breath... hold it... and breathe out..."

Tree in the lady's mind morphs into a giant KFC drumstick.

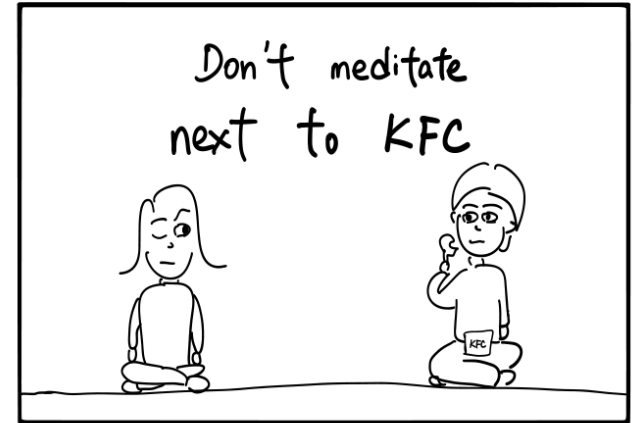


Instructor "Breathe in..."

Lady takes a couple of quick sniffs, then opens an eye and looks across...



Dude eating a KFC drumstick makes eye contact and gives a gentle nod.



Instructor: "One more time. Breathe in..."

Wide shot of lady and dude sitting next to each other.

Lady takes another big breath...

Words appear on screen.