

## Black Belt Development TRANQUILITY



Spend one hour being still. No TV, computer, games, books, people, distractions. Let your mind wander with no objective.

|   | Where | Date | Initial |
|---|-------|------|---------|
| 1 |       |      |         |

| Student: | Relt <sup>.</sup> |
|----------|-------------------|
| Staacht. | DEIL.             |