

## A Gift for You

Enjoy your time in the outdoors even more with a one-of-a-kind audio program. It can help you relax in any natural spot in as few as 15 minutes. To get it:

## A Way to Relax in Nature

Would you like to de-stress and relax in nature? Here's a peaceful process you can try. Called Quiet Hour, it blends nine techniques or influences that research indicates have a calming or uplifting effect. You can enjoy it in any natural spot with a convenient audio program. It explains the process and lets you listen to 15-, 30-, or 60-minute recordings of it. To get it:

1. Retype 

2. Add Details 

3. Share

