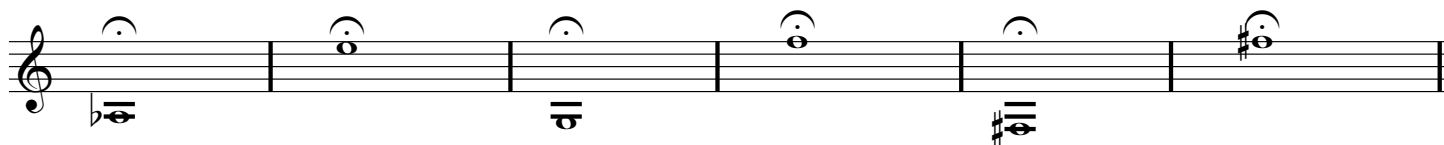
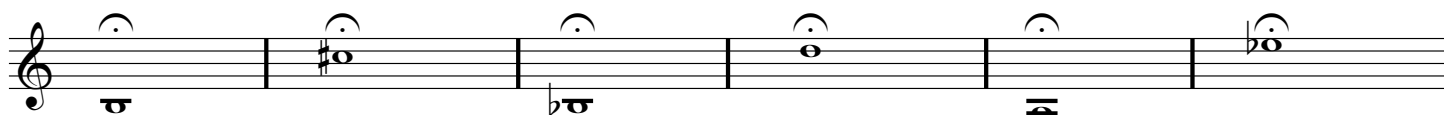
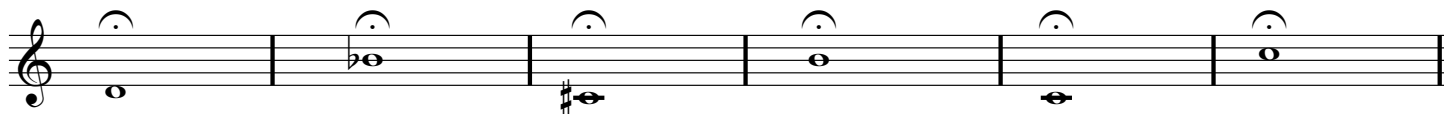
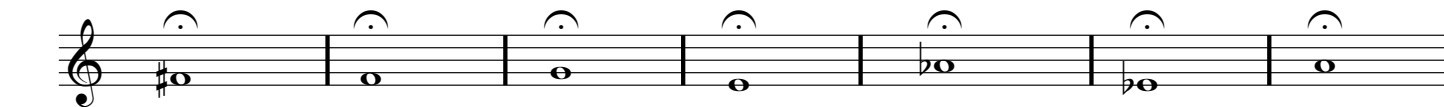


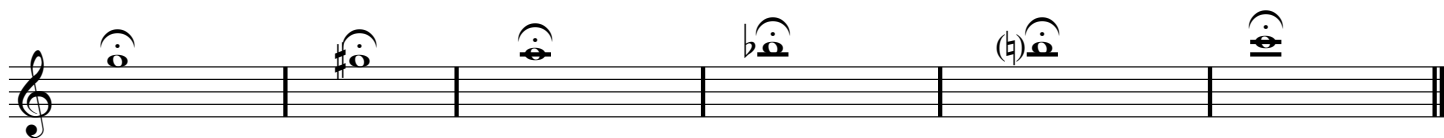
EXPANDING INTERVALS

(WITHOUT HASTE)

SCOTT BELCK



(IF YOU ARE FEELING IT...)



1. BREATHE WHEN NEEDED
2. HOLD EACH NOTE FOR AS LONG AS POSSIBLE
3. REST WHEN NEEDED
4. TAKE YOUR TIME