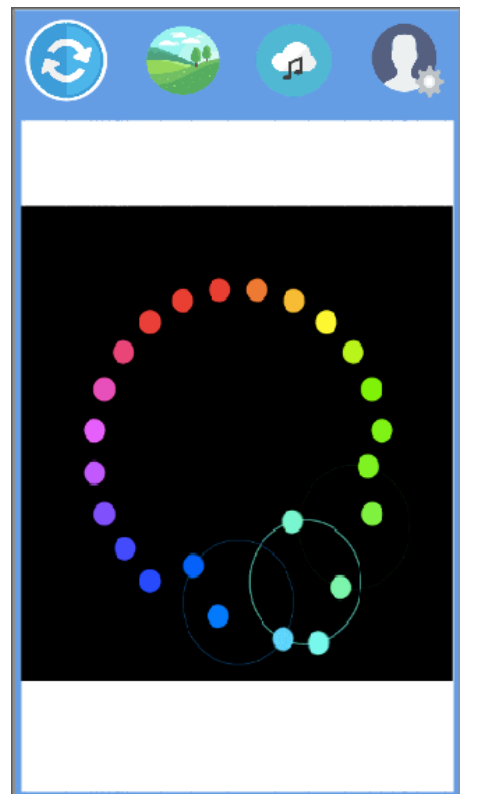
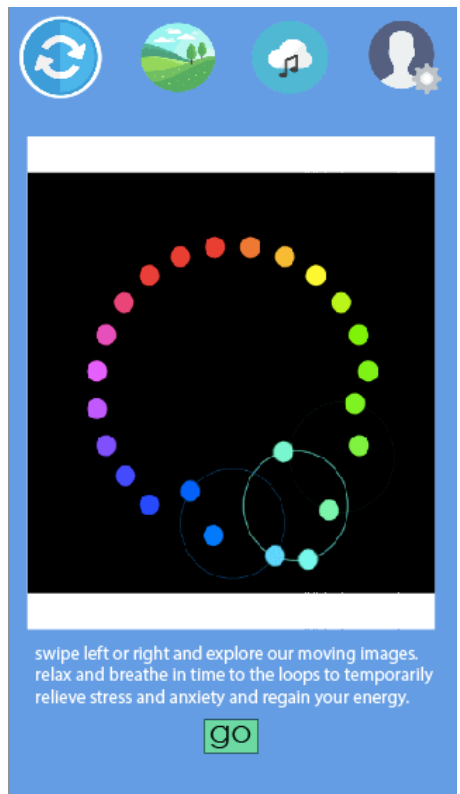
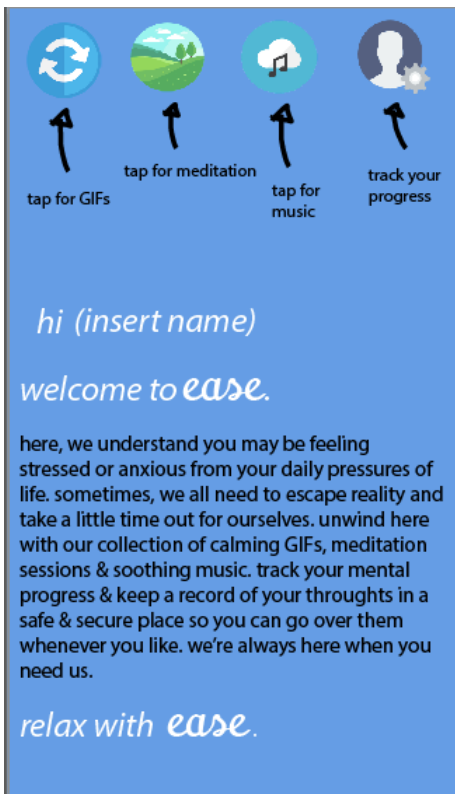
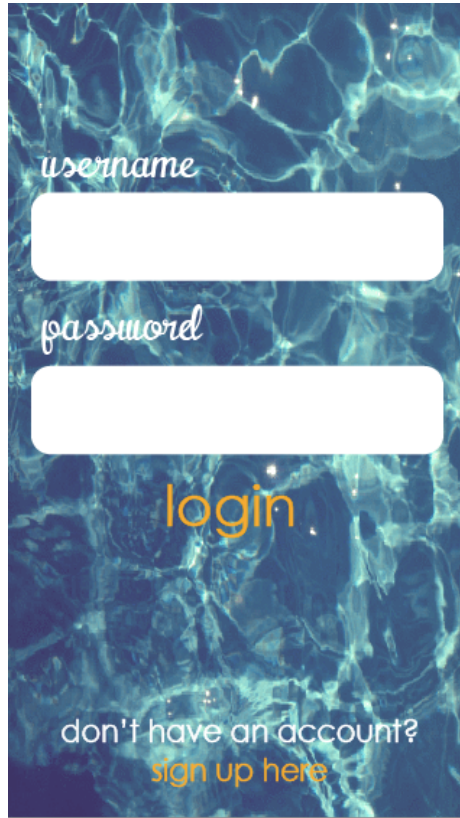



Ease App Screenshots





meditation


letting go	3:31
morning uplift	3:09
mindfulness	2:59
re energising	19:45
full body session	20:04



BACK

NOW PLAYING

DEEP BREATHING




0 5:00



music

re: slacks - bon iver	6:40
cherry wine - hozier	4:13
asleep - the smiths	4:09
youth - daughter	4:13
ocean sounds	4:23



BACK

NOW PLAYING

OCEAN SOUNDS



0 4:23



personal tracker

Date

/ /

Which best described your mood right now?



What are you worried about?

submit

go to my diary



my diary

may 20 2016

may 24 2016

may 29 2016

may 31 2016