



Take a moment for yourself

Scan a QR code below to try a quick, relaxing exercise



**Reset With
The Breath**

3 minutes



**Ocean Waves
Soundscape**

AudioLoop



**60 Second
Reboot**

1 minute



**Calm Your Heart
With Deeper Breaths**

3 minutes



**Getting Through
A Hectic Day**

3 minutes



**Create Rest
and Relaxation**

3 minutes

To access your free Calm content visit CTAMemberBenefits.org/Calm and click on the unique CTA link or scan the QR code



If you have any questions please reach out to Member Benefits at 650-552-5200 or email us at MemberBenefits@CTA.org