

EXT. BREEZY BEACH CLIFF

MATT is holding a meditation class, a group of 6 fit students are dressed in white, gathered around him, and sitting with their legs crossed.

MATT  
(soft & smooth)  
Welcome. I'm so glad that each of you  
could join me today.

They smile back at MATT.

MATT (cont'd)  
(patiently)  
To start this journey, I'd like each  
of you to close your eyes and begin  
to focus on your breathing.

There's a beat of silence as the group begins to meditate.

MATT (cont'd)  
Feel the rhythm of your lungs. In.  
And out. In. And out.

Carefully, MATT starts to take a SNACKBAR out of his pocket, it's crinkly, we see DANIEL peek, so MATT's hand freezes in place. MATT tries to act natural and puts both hands on his thighs with his eyes closed. DANIEL quickly closes his eyes again, and refocuses.

MATT (cont'd)  
As you breathe, consider your  
thoughts. Let them slowly drift  
through your mind like a tube on the  
river.

MATT reaches into his pocket again, this time committing with his entire hand. It's crinkly.

MATT (cont'd)  
Observe each thought-

Crinkle.

MATT (cont'd)  
and release them-

Larger crinkle. DANIEL is starting to lose his focus.

MATT (cont'd)  
as you exhale.

MATT tears the wrapper as he says exhale. DANIEL fully opens his eyes. We hear something fall onto the grass. MATT is in an unnatural position, but his eyes are closed as if meditating. DANIEL watches MATT for a bit longer, but eventually closes his eyes again.

MATT (cont'd)  
Listen to my soft, soothing voice.  
Begin to feel your muscles relax.

Everyone is relaxed again. We hear a slight crinkle as MATT picks the bar off of the grass.

MATT (cont'd)  
Allow your body-

MATT takes the first bite of the SNACKBAR.

MATT (cont'd)  
(chewing)  
and mind

MATT pauses as he swallows a big bite.

MATT (cont'd)  
-to let go.

DANIEL quickly opens his eyes. MATT's eyes are wide open, the SNACKBAR frozen in his hand and nearly in his mouth. They lock eyes. DANIEL looks bewildered, MATT looks caught. A beat.

MATT (cont'd)  
Eyes closed, DANIEL.

DANIEL shakes his head, and closes his eyes again. The calming SFX begin again.

MATT (cont'd)  
(mouth full)  
Feel the weight of the world seep  
into the ground.

CUT TO:

ENDCARD "SNACKBAR. RELAX, IT'S A SNACK."