

Katrina yoyo

The video opened with Katrina swinging a fabric yo-yo from side to side in front of her. She's in the room with another person.

Watch the yo-yo swing and sway. Change the way I feel today.

100, 90, 80, 70, 60, 50, 40, 30, 20, 10, and then 0. And do it again.

Watch the yo-yo swing and sway. Change the way I feel today.

What have you become?

[INHALE]

You were tense. And now you feel--

Calm.

[EXHALE]

Good.