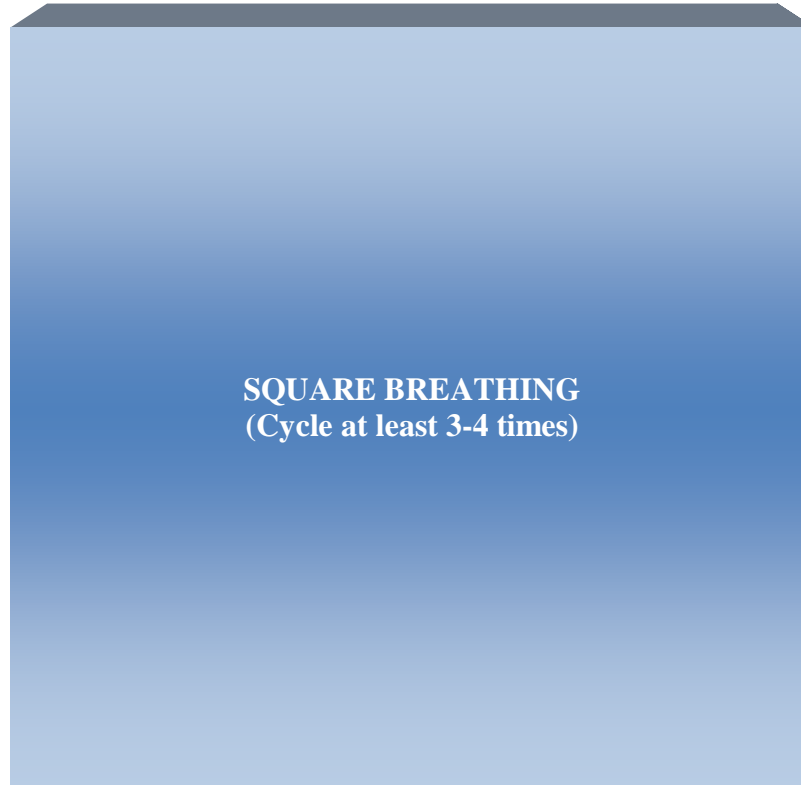


START: **Breathe In...** for 4-7 (or more seconds)

Hold breath for equal amount of time



SQUARE BREATHING
(Cycle at least 3-4 times)



Hold breath for equal amount of time

Breathe Out... for equal amount of time