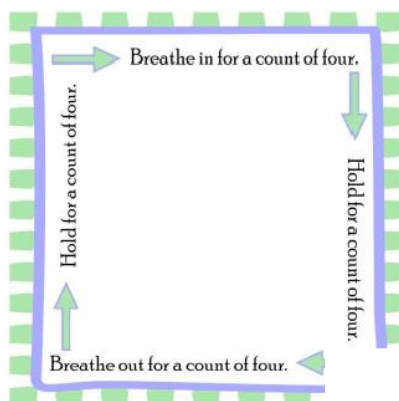


54321 Relax!

Try this...



Square Breathing



5 finger breathing

<https://youtu.be/HQVZgpyVQ78>

Star Breathing

Try this...

Start at any 'breathe in' side.

Trace with your finger.

When you get to the point hold your breath for a count of 4 then breathe out until you've gone around the whole star.



Lazy 8 Breathing

Try this...

