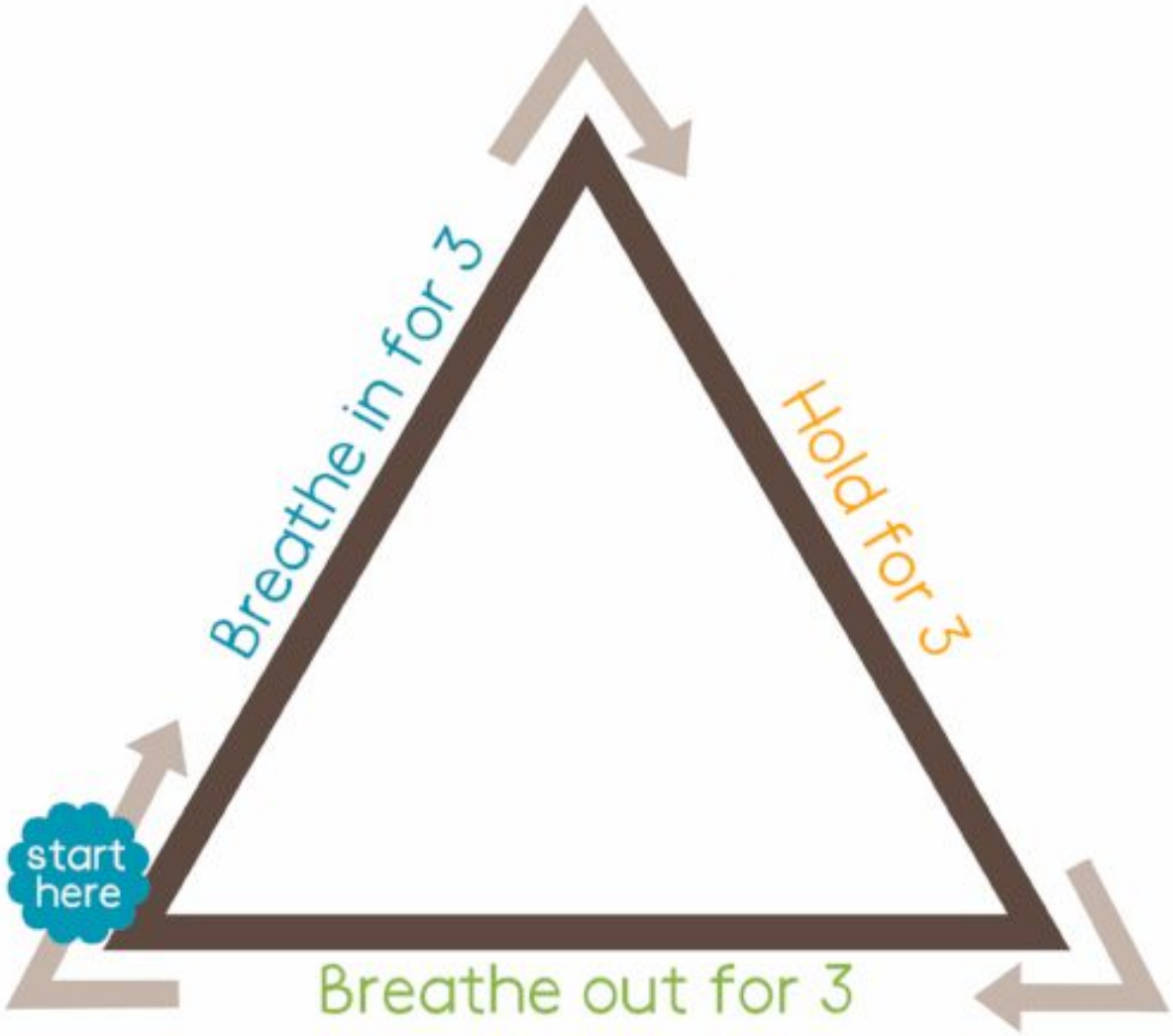
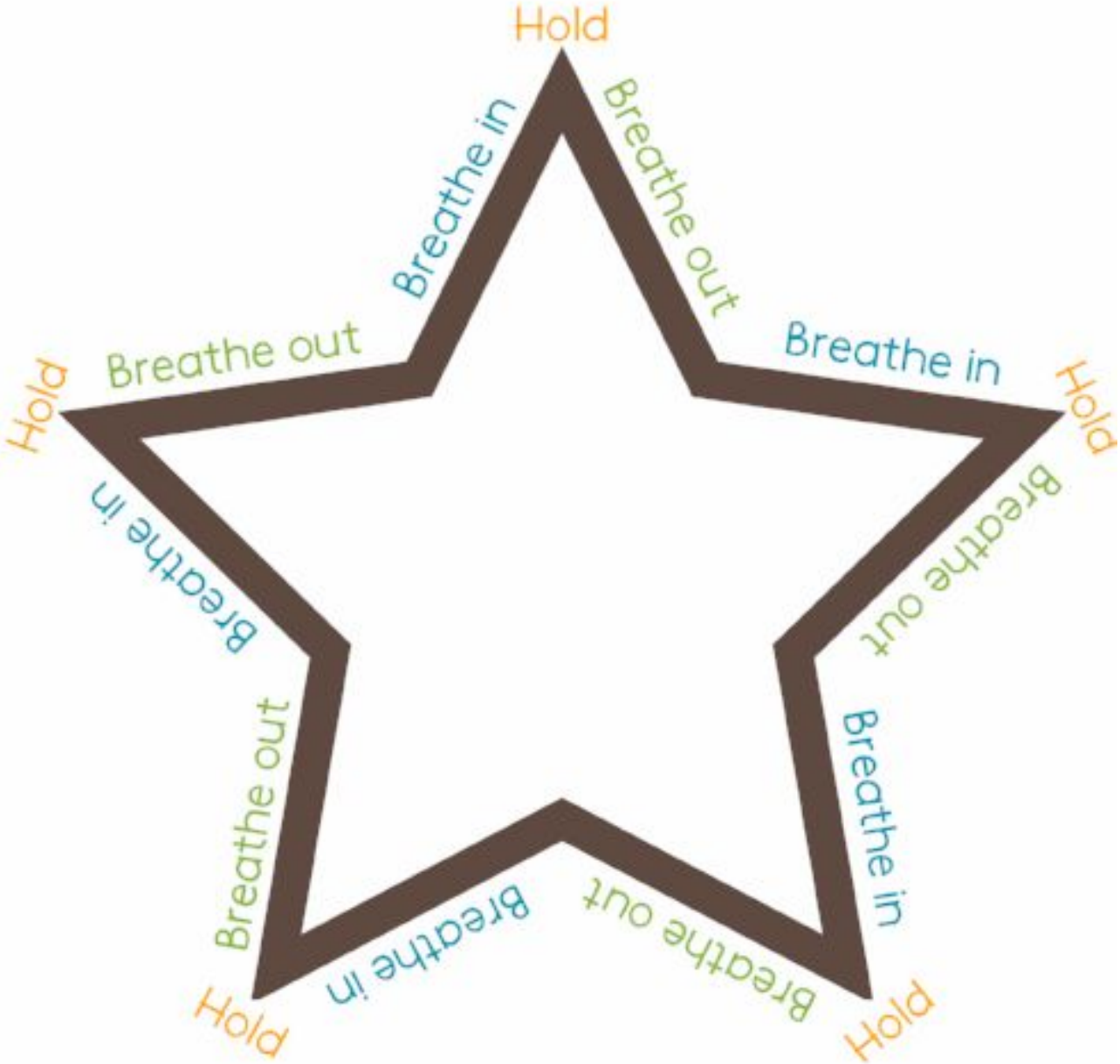
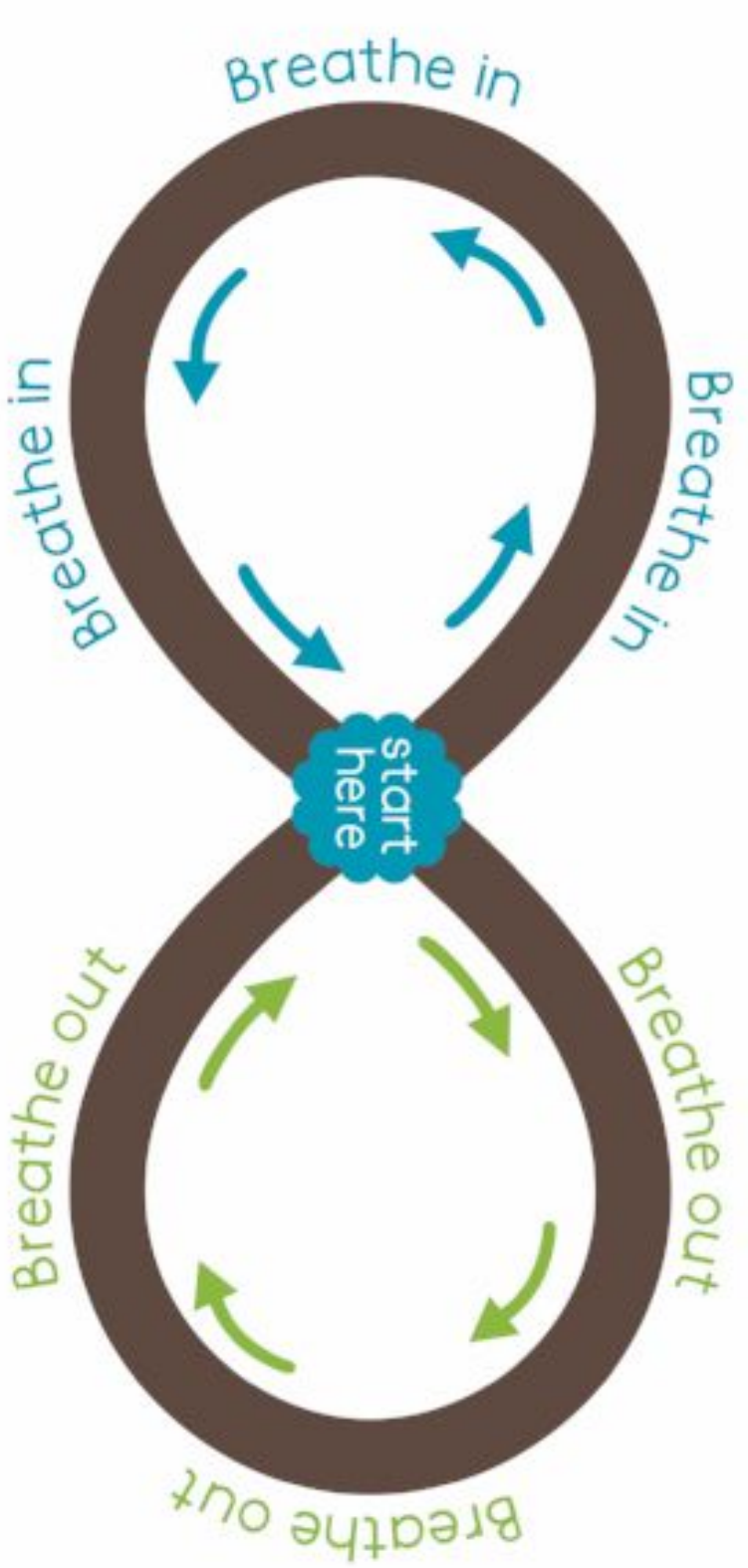

Breathe in for 3
Hold for 3
Breathe out for 3
start here

Hold for 4
Breathe in for 4
Hold for 4
Breathe out for 4
start here


Hold
Breathe in
Breathe out
Breathe in
Hold
Breathe out
Breathe in
Breathe out
Breathe in
Breathe out
Breathe in
Breathe out
Breathe in
Breathe out
Hold
Breathe out
Breathe in
Breathe out
Breathe in
Breathe out
Breathe in
Breathe out
Breathe in


Breathe in
Breathe in
start here
Breathe out
Breathe out
Breathe out
Breathe in