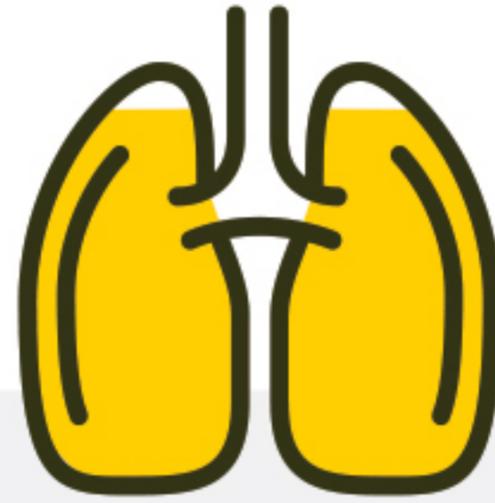


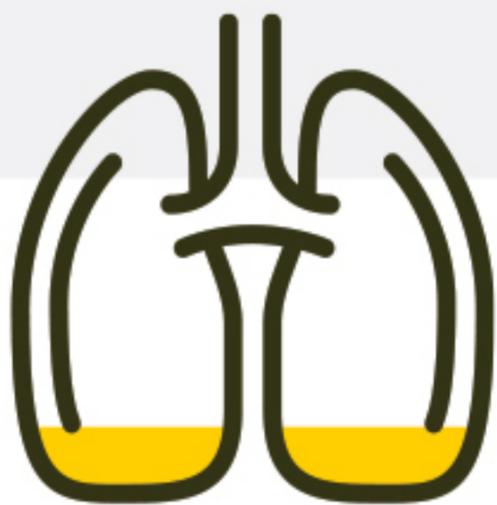
Inhale
through the nose

Pause
with lungs full



NEED TO RECENTER AND REFOCUS?

Try the box breath.
Hold each step for four seconds
and repeat for several rounds.



Pause
on empty



Exhale
through the nose