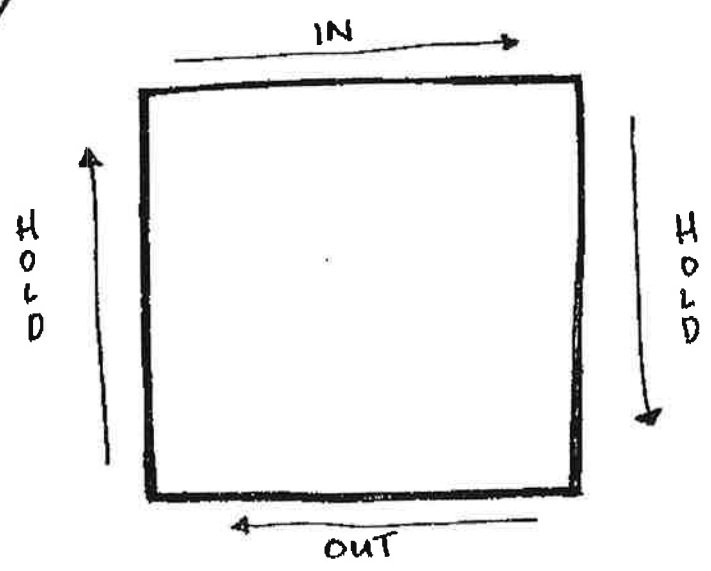
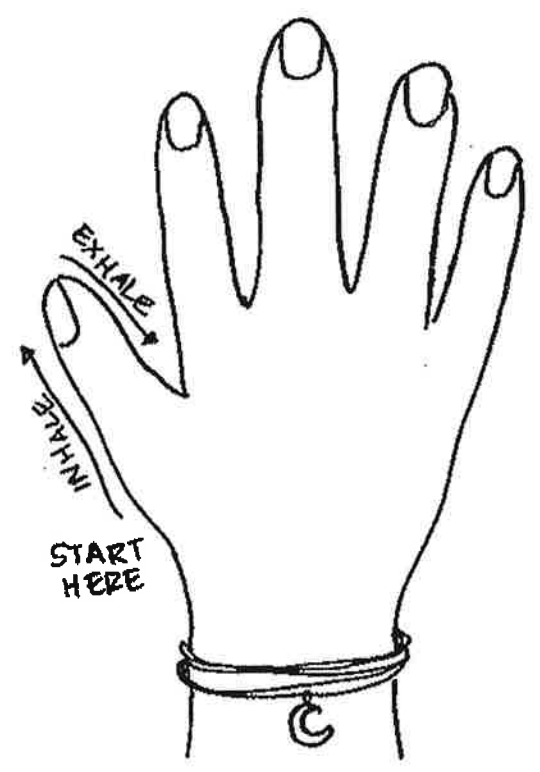


# JUST BREATHE



SQUARE BREATHING

## 5 FINGER BREATHING



HEART & BELLY

☆ OR JUST REMEMBER TO BREATHE SLOWLY THROUGH YOUR NOSE, DOWN INTO YOUR BELLY & USE A NICE, LONG EXHALE!