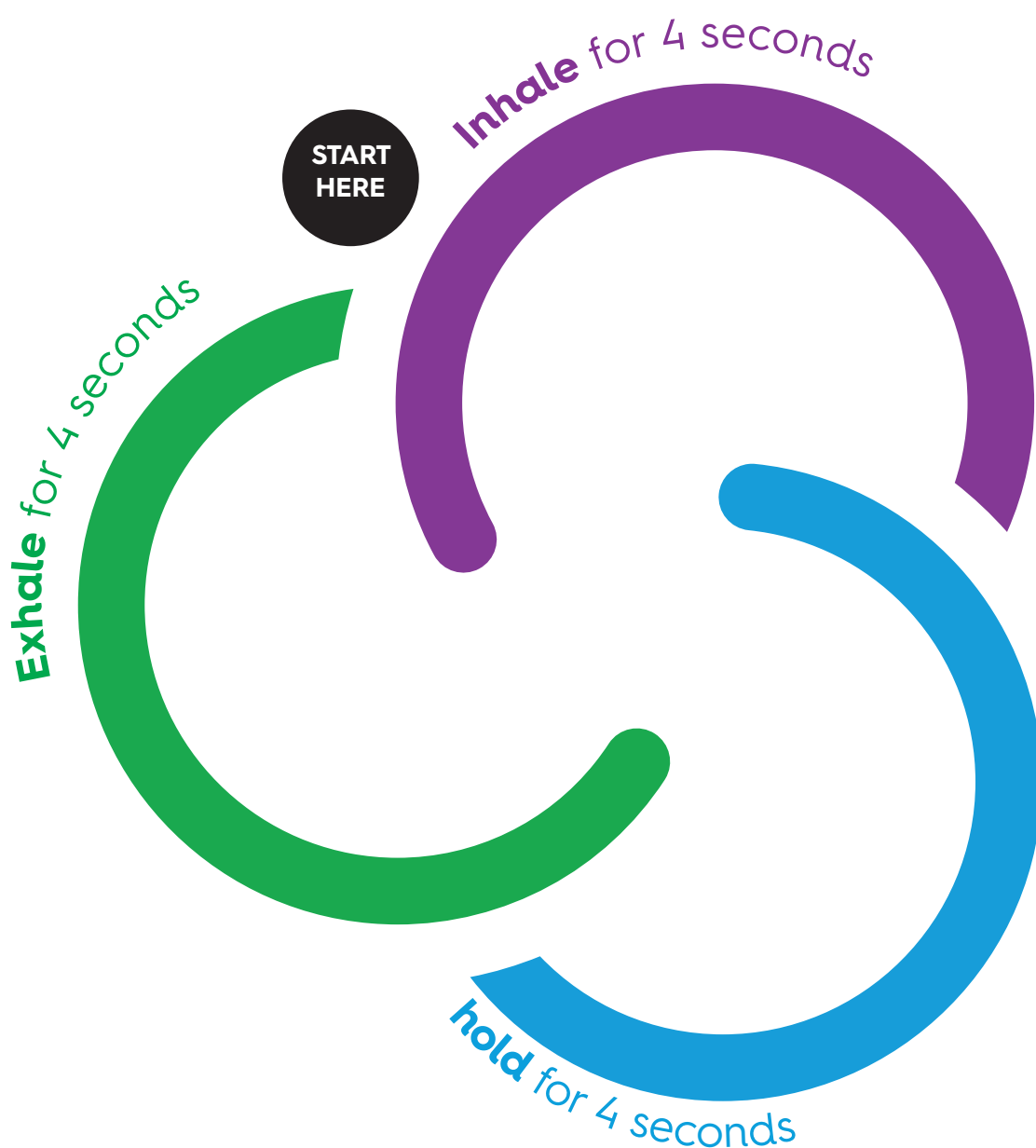
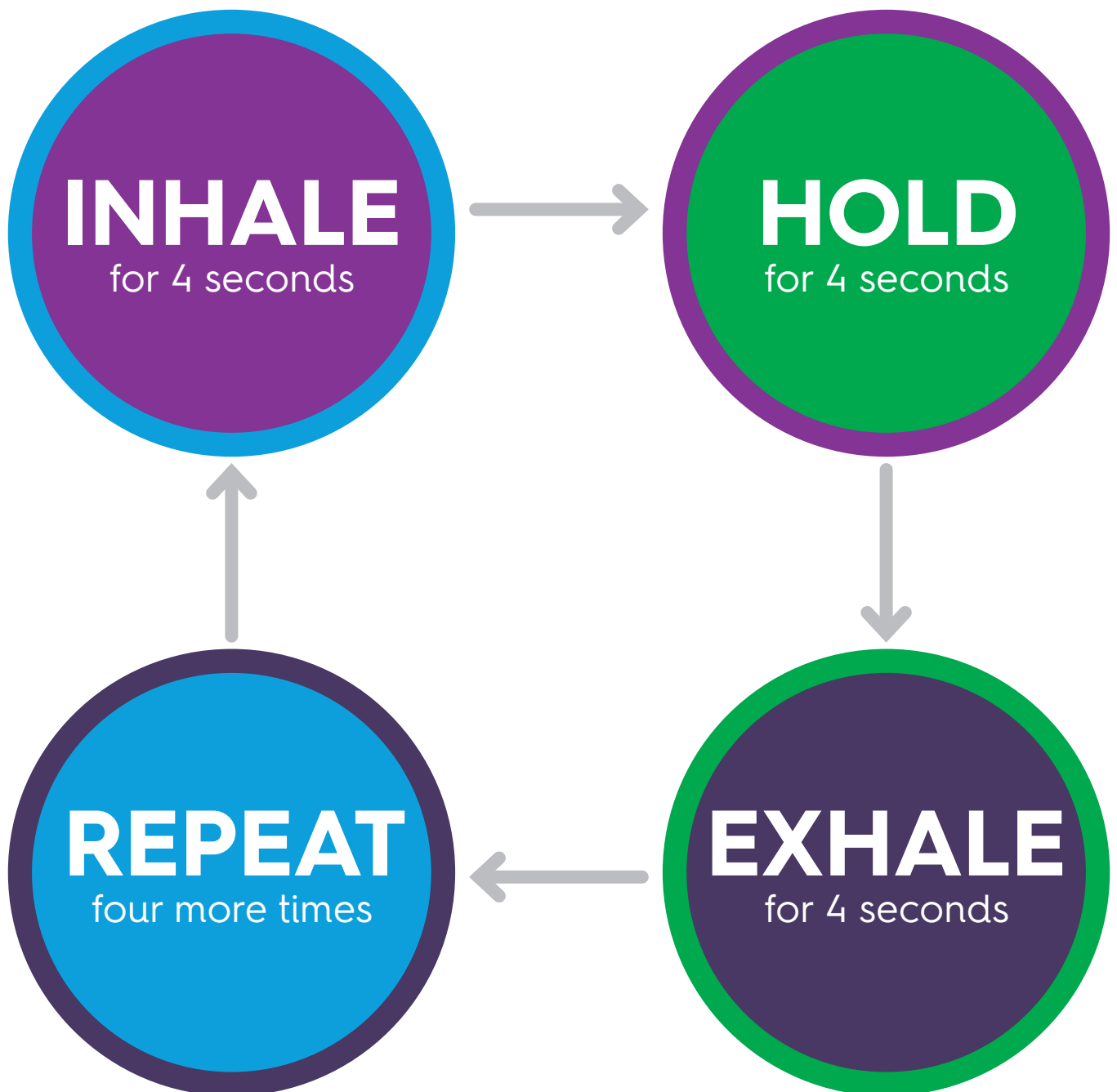


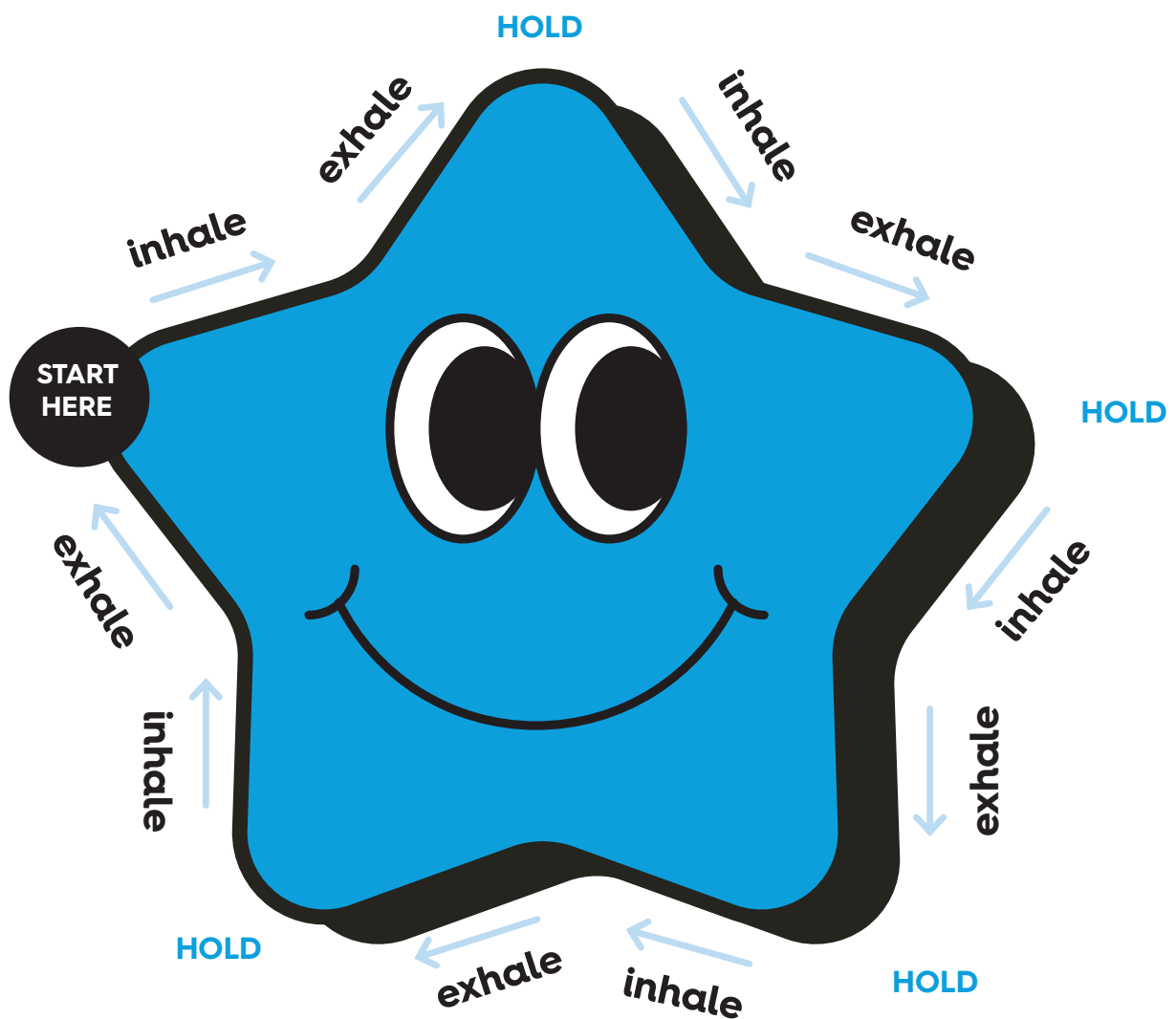
Breathe in the logo!



Breathe to make a square

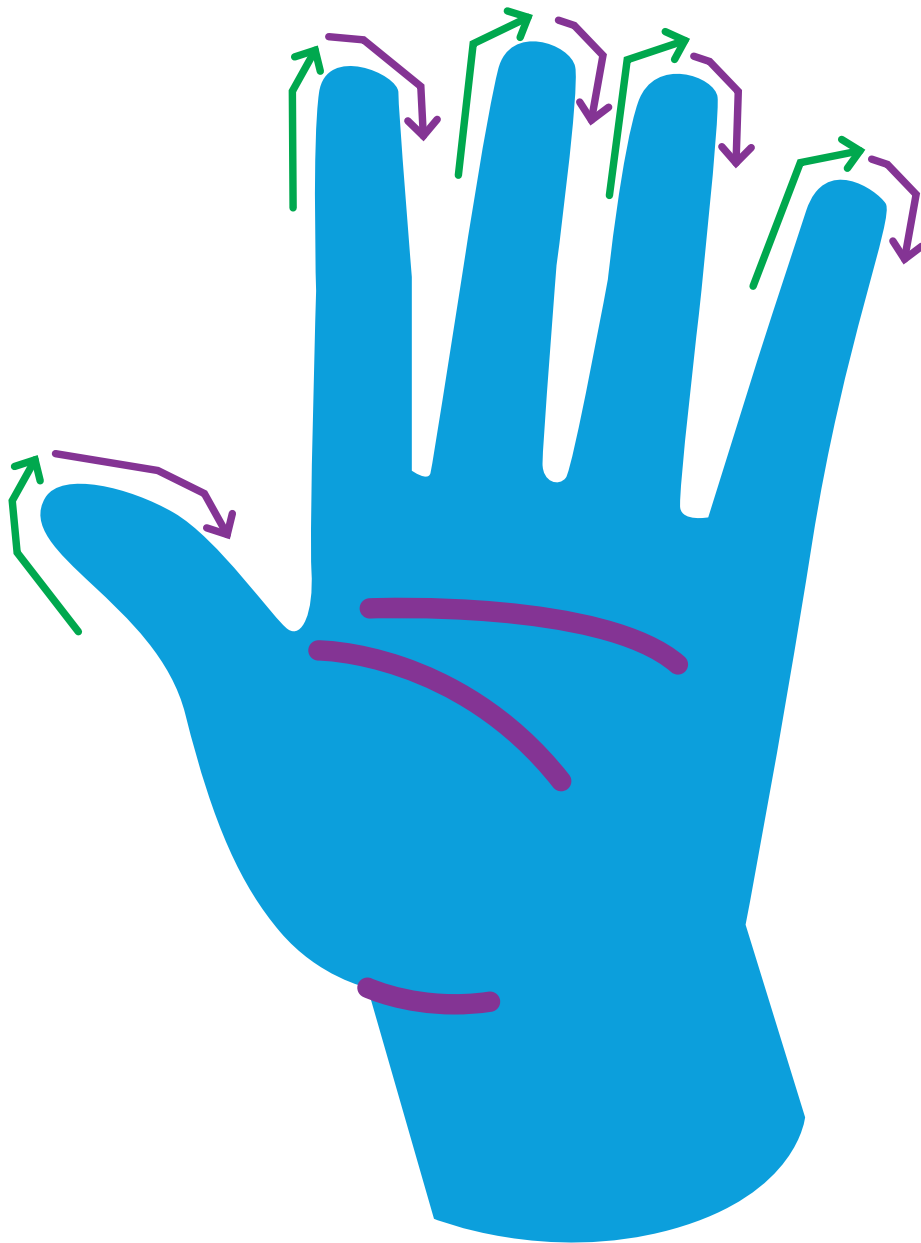


Star-filled breaths

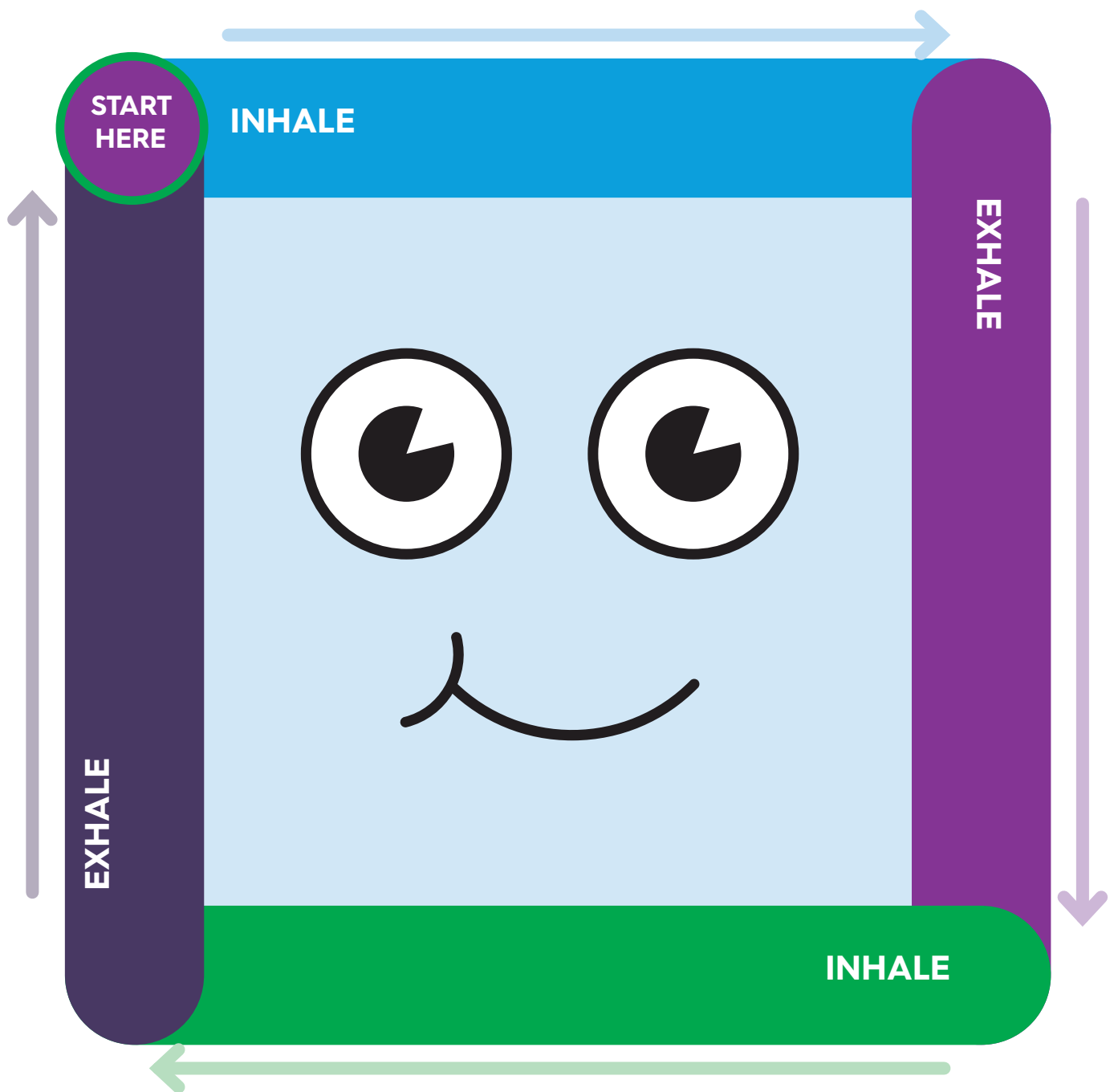


Five finger breathing

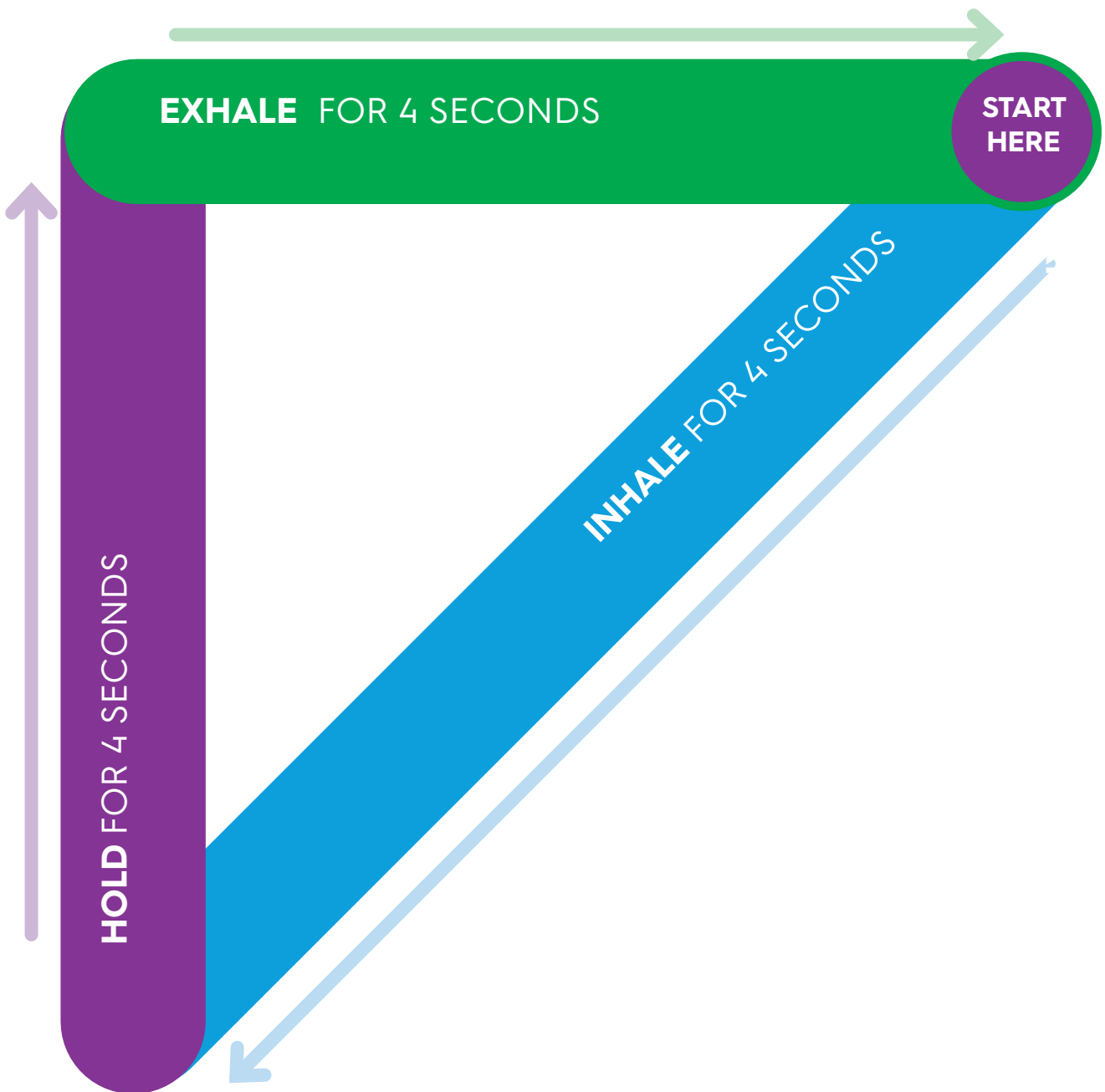
Open your palm wide. Use your other hand to trace up your thumb while breathing in and counting to 3. Trace down your thumb and breathe out counting to 3. Repeat for all of your fingers.



SQUARE BREATHING



3, 2, 1... triangle breathing



Blooming great breathing

