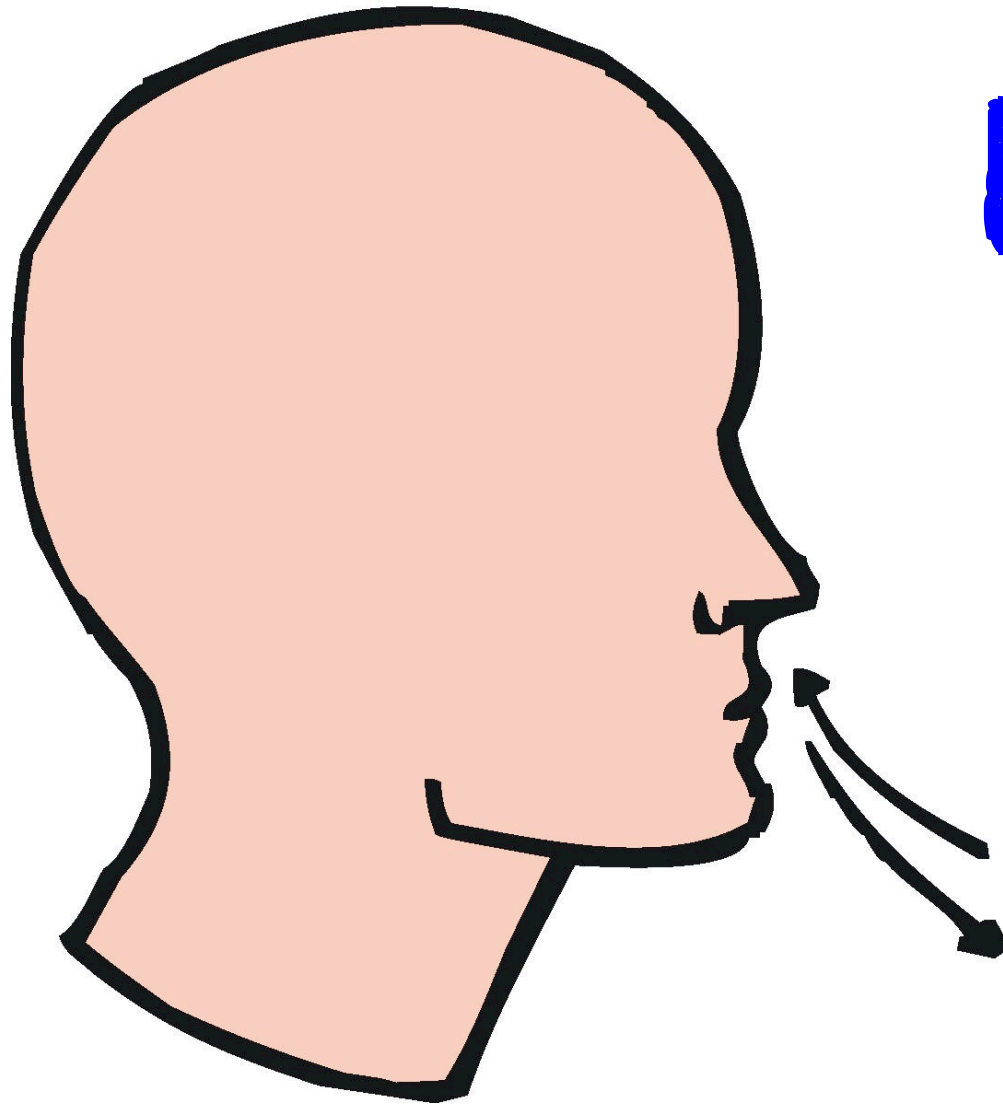


Breathe to relax



**Out through the mouth. Hold.
In through the nose. Hold.
Continue.
Relax.**

In - 2 - 3 - 4

Hold - 2 - 3 - 4 - 5

Out - 2 - 3 - 4 - 5 - 6