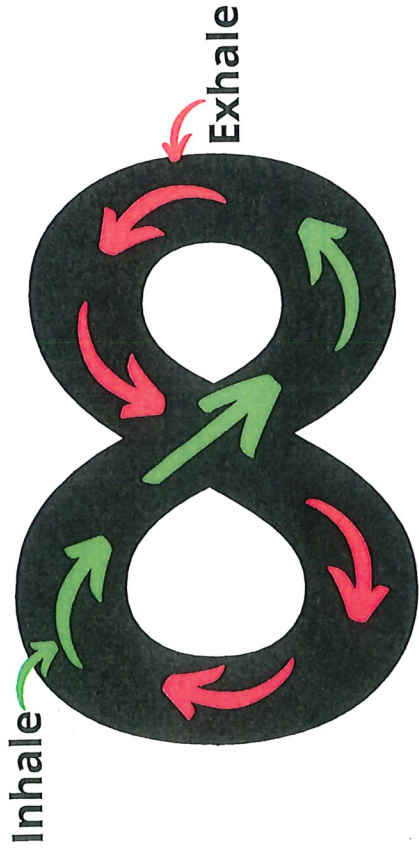
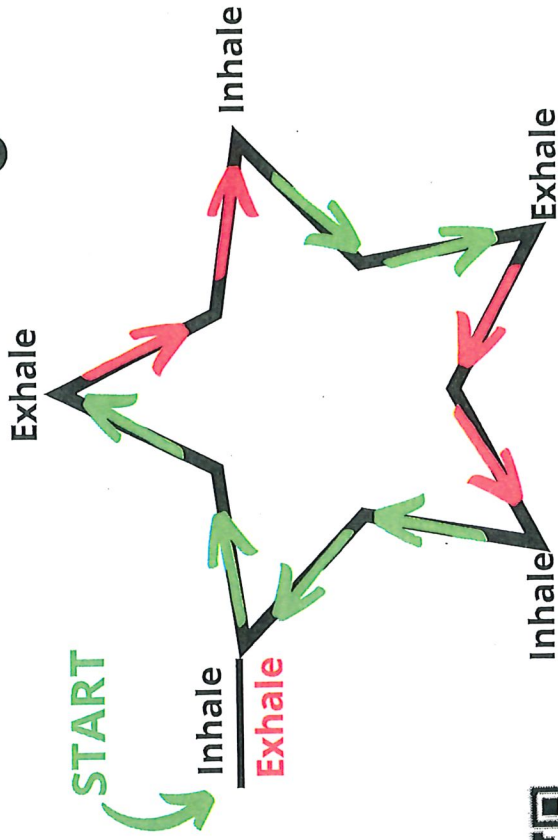


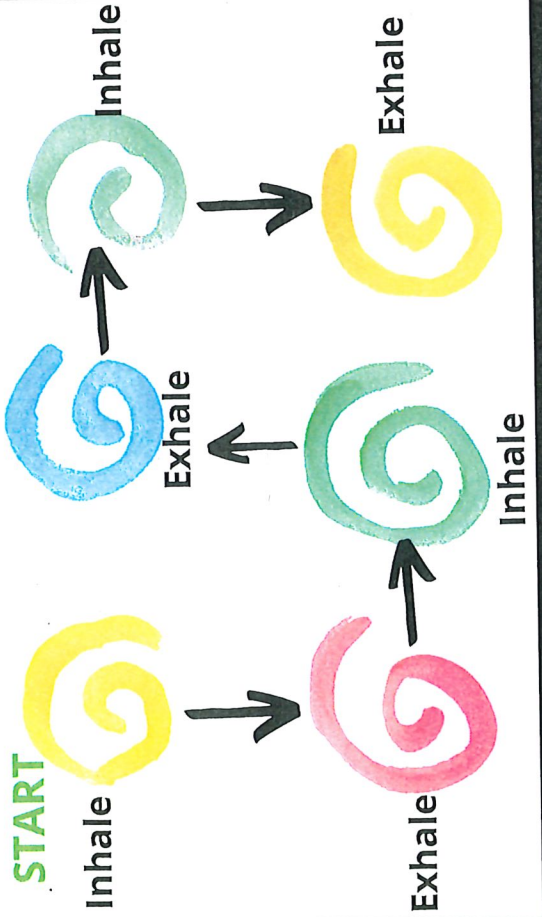
Figure 8 Breathing



Star Breathing



Spiral Breathing



Wave Breathing

Trace each wave while taking deep breaths in and out.

