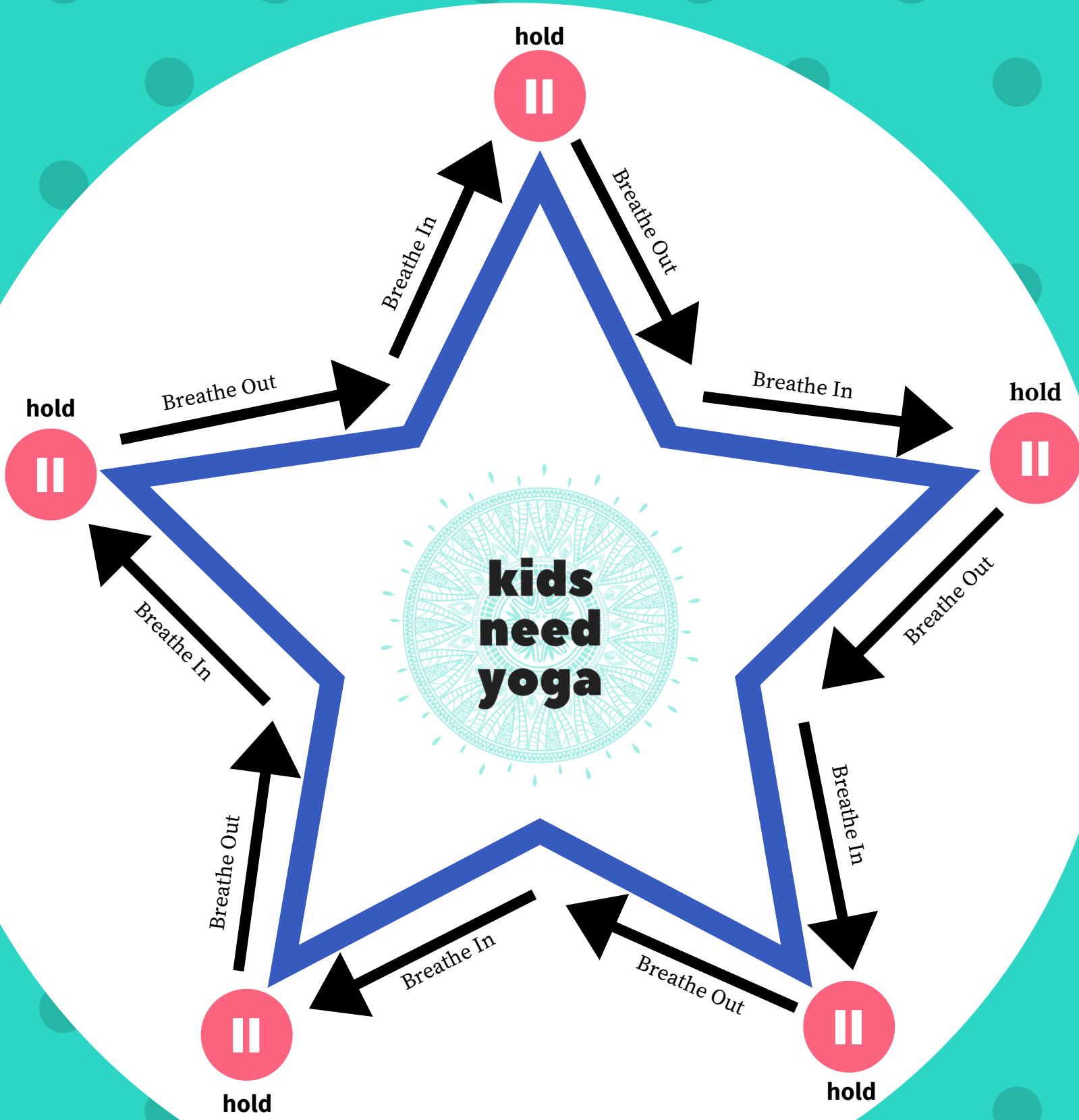
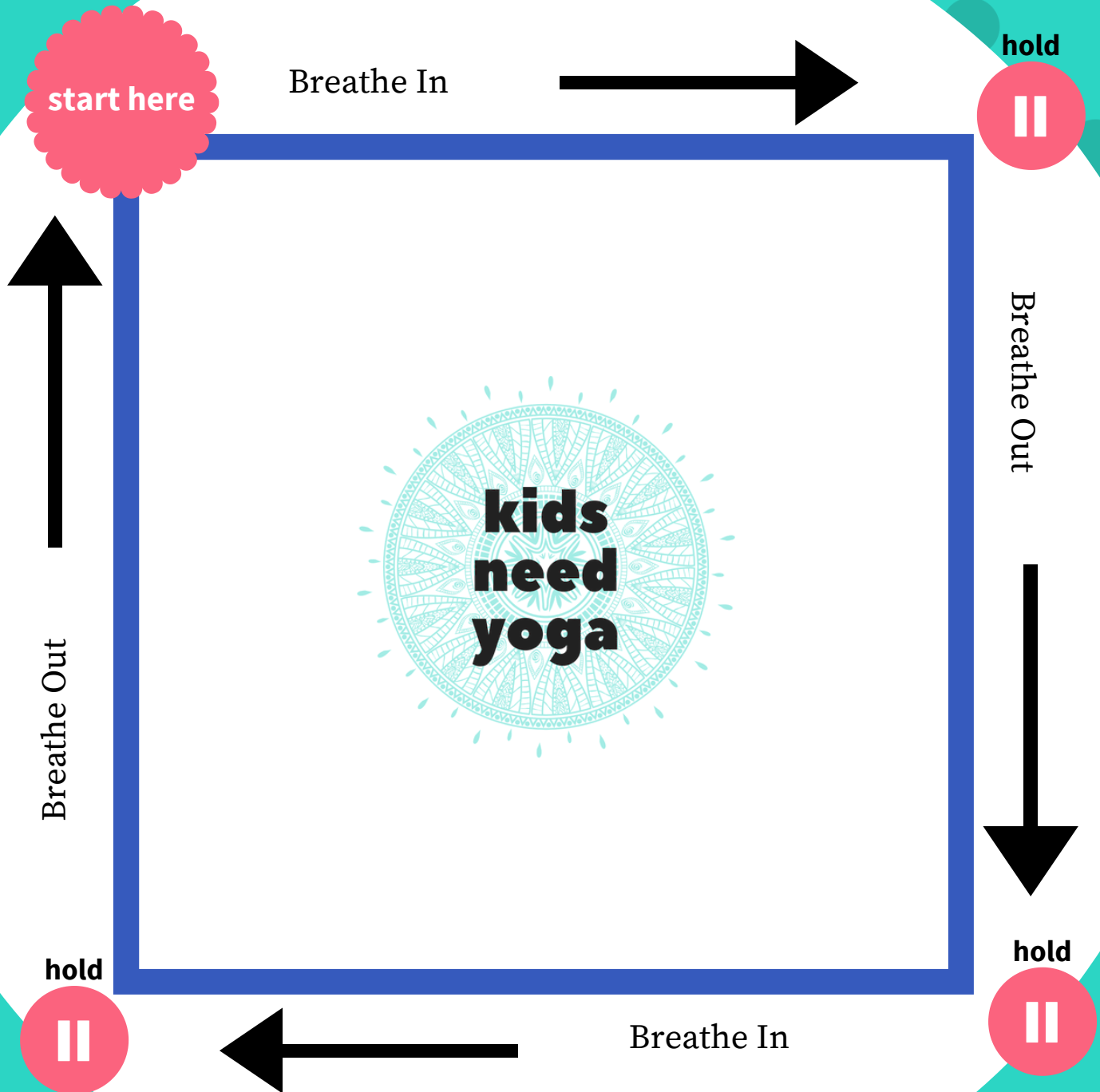


# Star Breathing



# Square Breathing



# Lazy Eight Breathing

Breathe In

start here

Breathe Out

