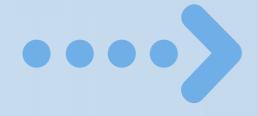


EVERY BREATH YOU TAKE

Brings balance to your mind and body Regulates your natural rhythm



+ counts

hold for 4 counts

REPEAT UNTIL
YOU
FEEL CALM
AND RELAXED

inhale for 4 counts

