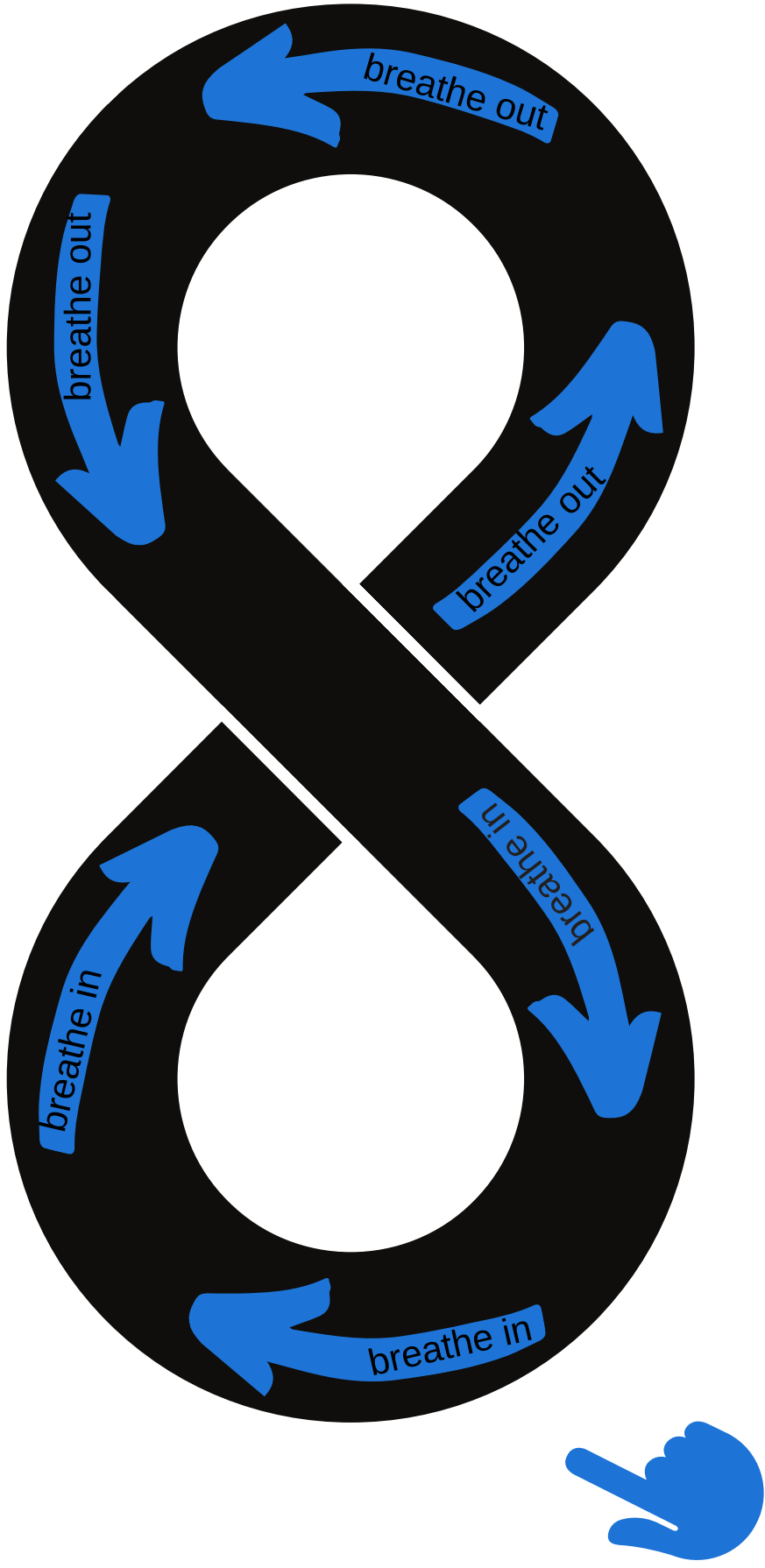


Lazy 8 breathing



**Follow The Arrows With Your Finger As You
Breathe In and Out**