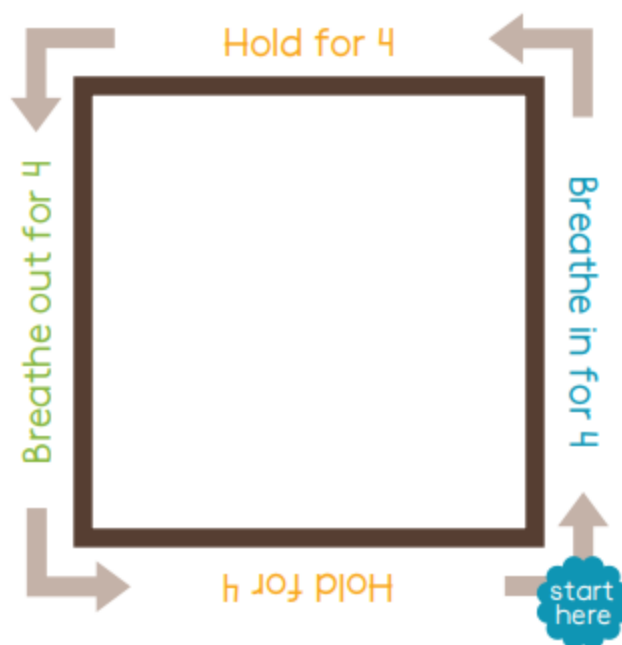


## Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



## Star Breathing

Start at any "Breathe in" side,  
hold your breath at the point, then breathe out.  
Keep going until you've gone around the whole star.



# Triangle Breathing

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



1	2	3	4	5
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