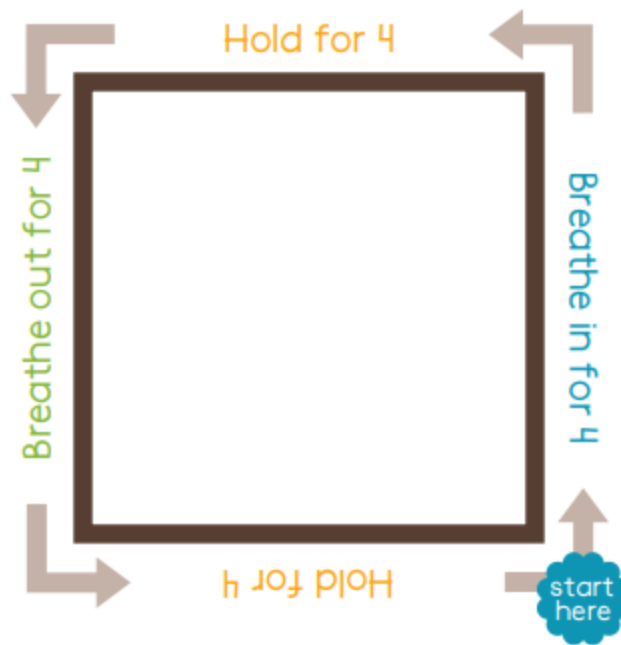


Square Breathing

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



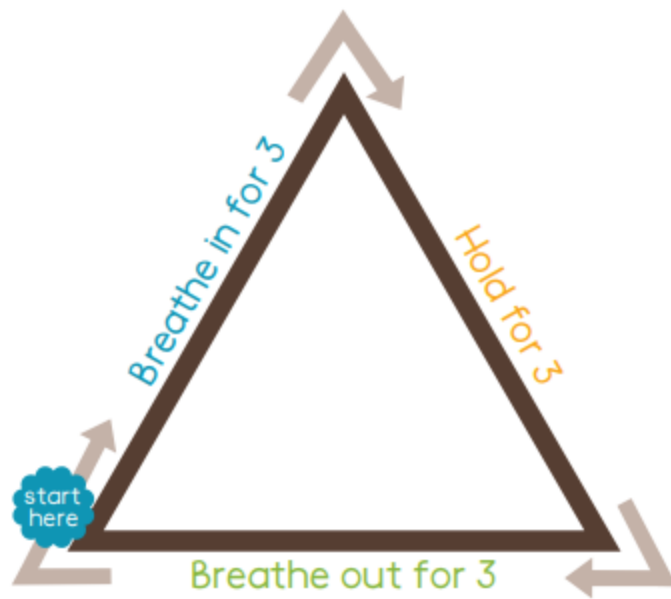
Star Breathing

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.



Jj

s o u n d c o v e r

