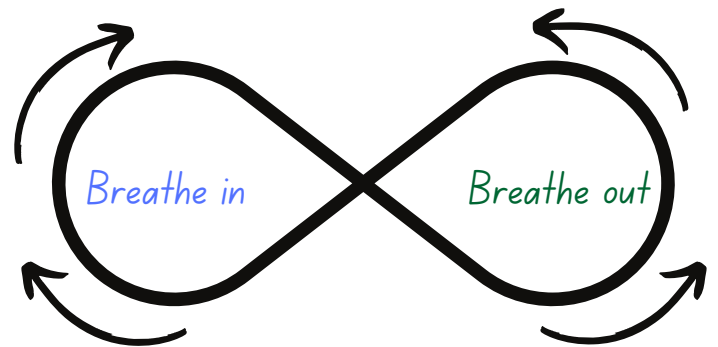
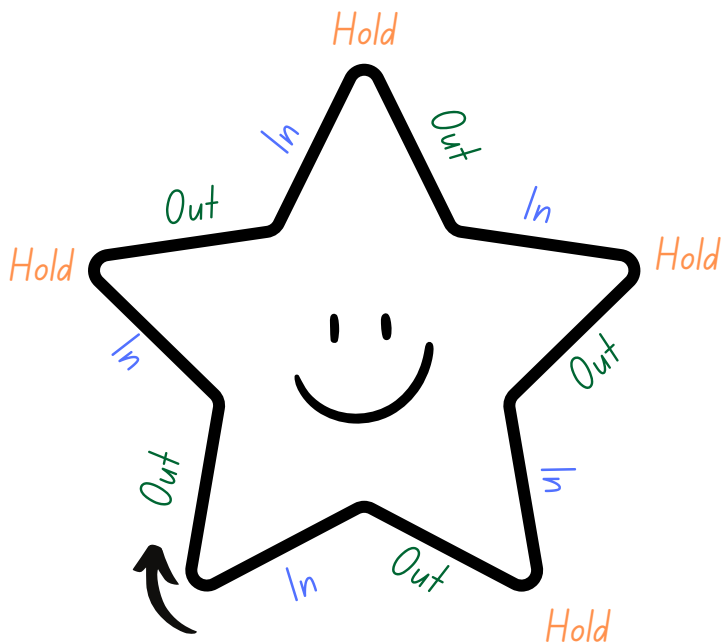
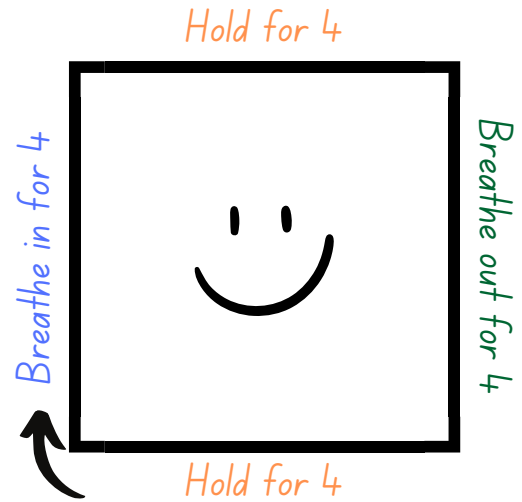
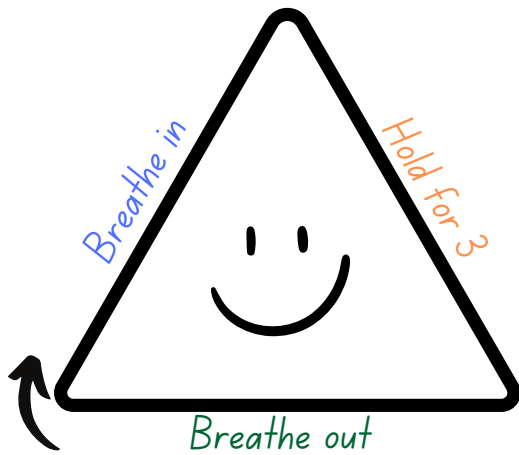


SHAPE BREATHING

Trace the shape with your finger or make the shape with your arms as you breathe in and out.



MAKE UP YOUR OWN PERSONAL BREATHING SHAPE

Here are some ideas.

