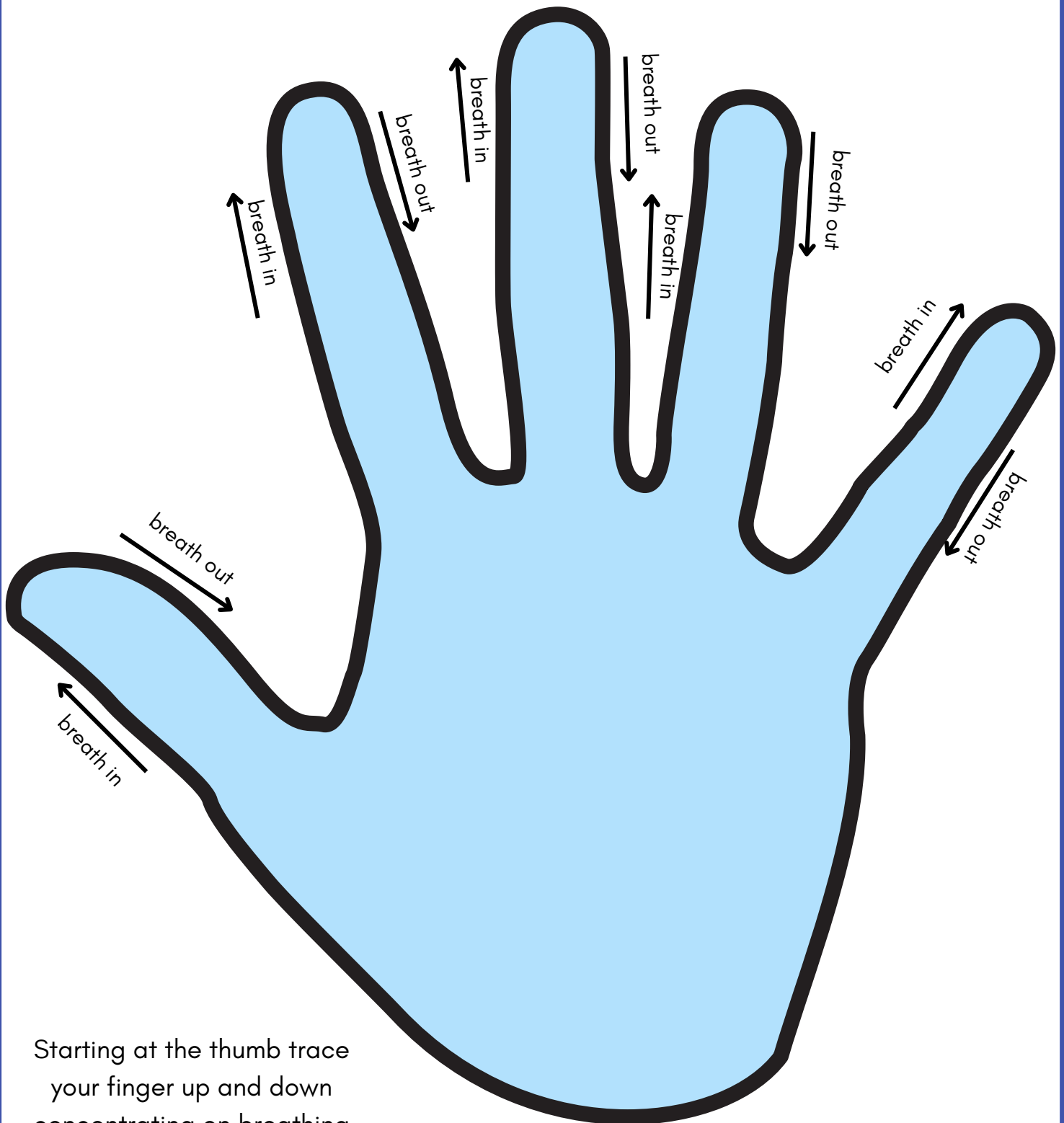


5 finger breathing



Starting at the thumb trace
your finger up and down
concentrating on breathing
deeply.