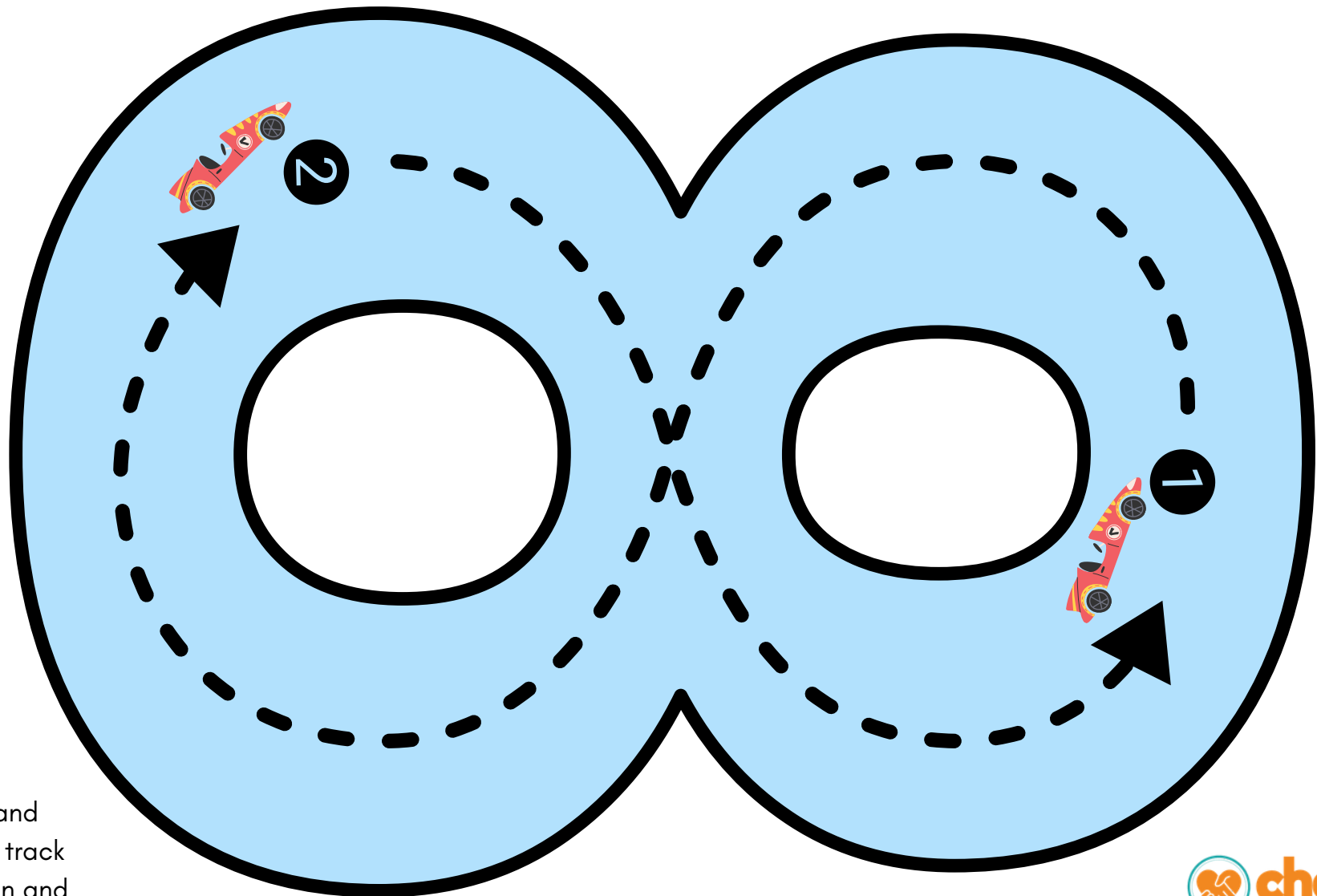


Race Track Breathing



Use your finger and following the race track breathing deeply in and out.