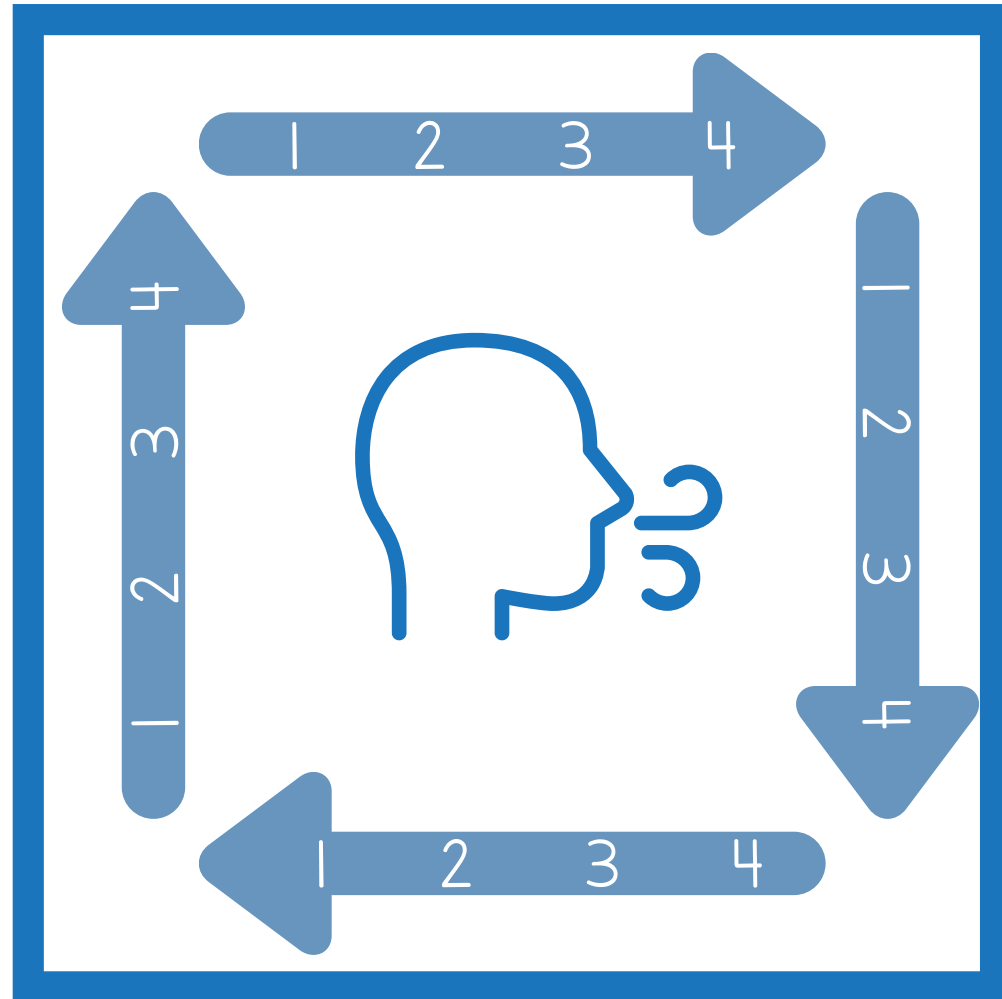


Square Breathing

BREATHE IN

HOLD



HOLD

BREATHE OUT