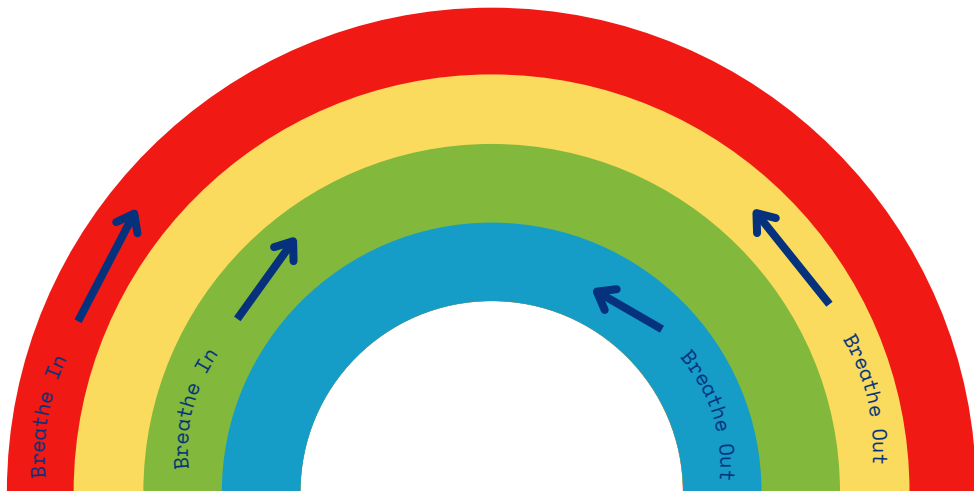


Think about what you can see in each color as you do the breathing exercise.



RAINBOW BREATHING EXERCISE