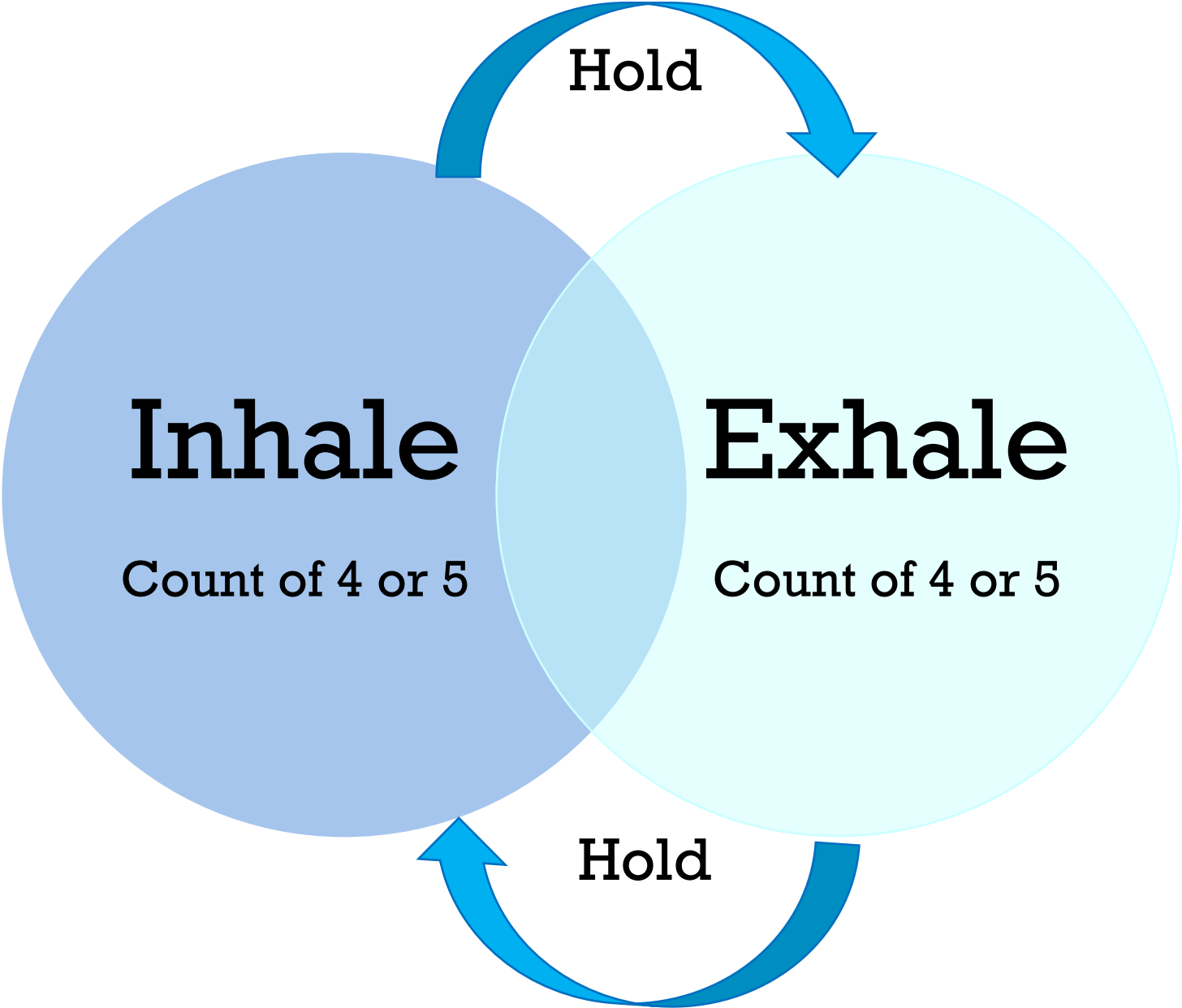


The Balanced Breath



Inhale

Count of 4 or 5

Exhale

Count of 4 or 5

Hold

Hold