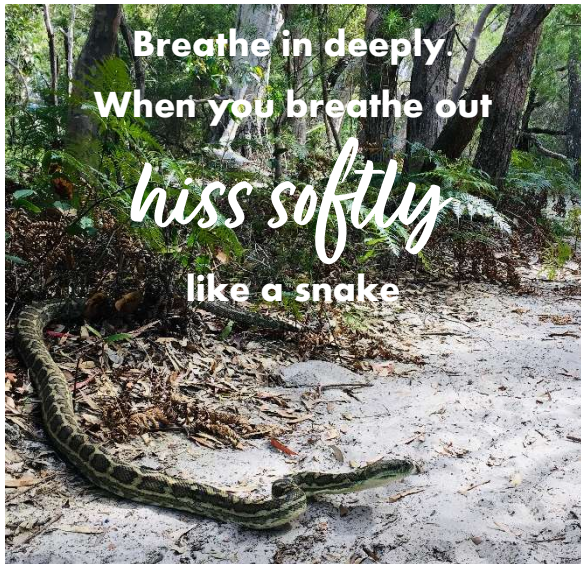




**When you
breathe in,
breathe in
so deeply
that you
inflate your belly
like a balloon**



**Imagine you are
Smelling a
native flower
Breathe in
the fragrance,
deep into your belly**



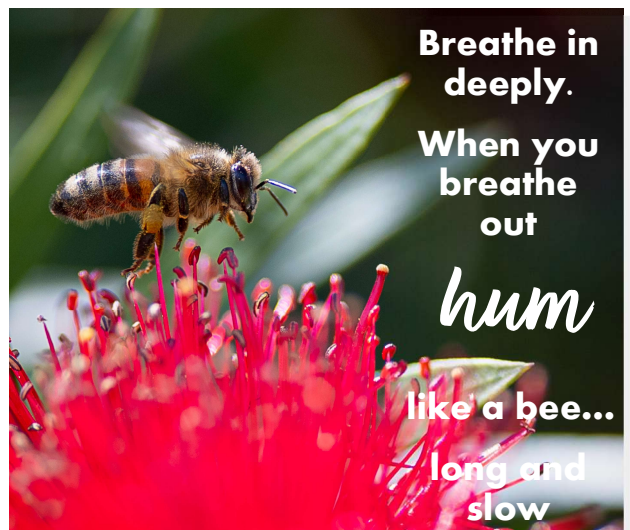
**Breathe in deeply.
When you breathe out
hiss softly
like a snake**



**Breathe in
deeply.
When you
breathe out
buzz
like a
mosquito...
long and
slow**



**When you
breathe
out,
imagine
breathing
out very
slowly
through a straw**



**Breathe in
deeply.
When you
breathe
out
hum
like a bee...
long and
slow**



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