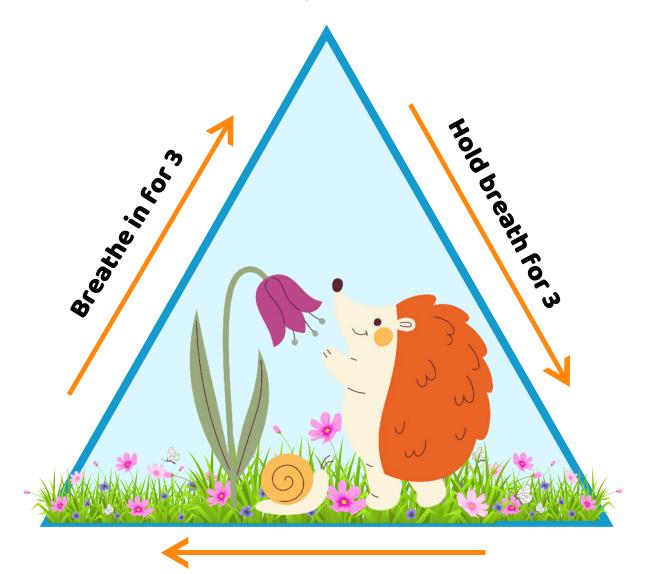
TRIANGLE BREATH





1.SLOWLY TRACE UP THE TRIANGLE AS YOU BREATHE IN FOR 3 SECONDS. 2.) SLOWLY SLIDE DOWN THE TRIANGLE PAUSE & HOLD YOUR BREATH FOR 3 SECONDS 3.) TRACE THE BOTTOM OF THE TRIANGLE LET YOUR BREATH FLOW GENTLY OUT FOR 3 SECONDS.



Breath out for 3 seconds