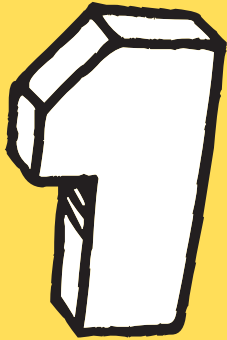


Square Breathing

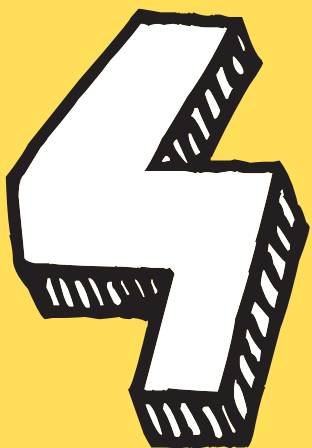
Inhale



HOLD



HOLD



Exhale

