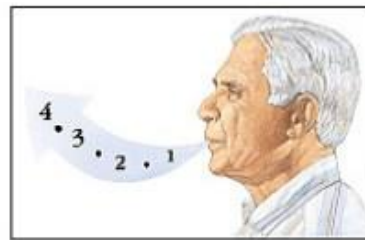




**Breathe in slowly through  
the nostrils to the count of  
1-2 (not deep, a normal  
breath)**



**Purse your lips (as if  
blowing out a candle)  
and breathe out slowly  
through your pursed lips  
to the count of 1-2-3-4.**