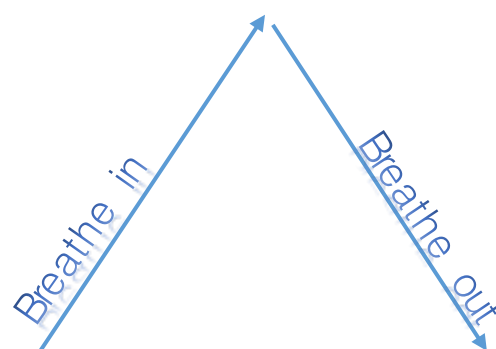
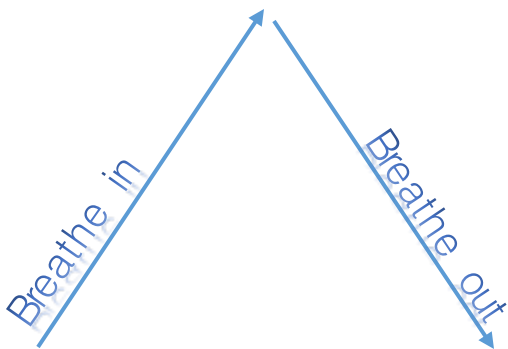
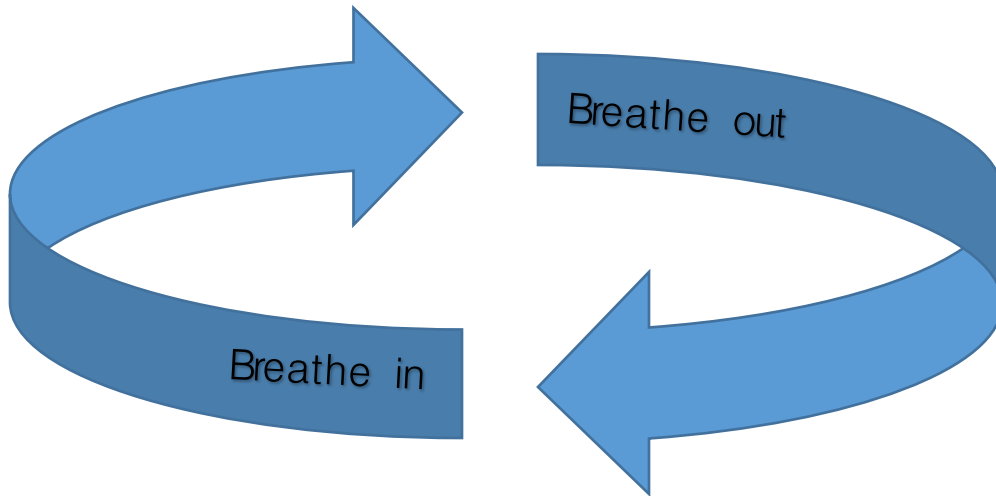
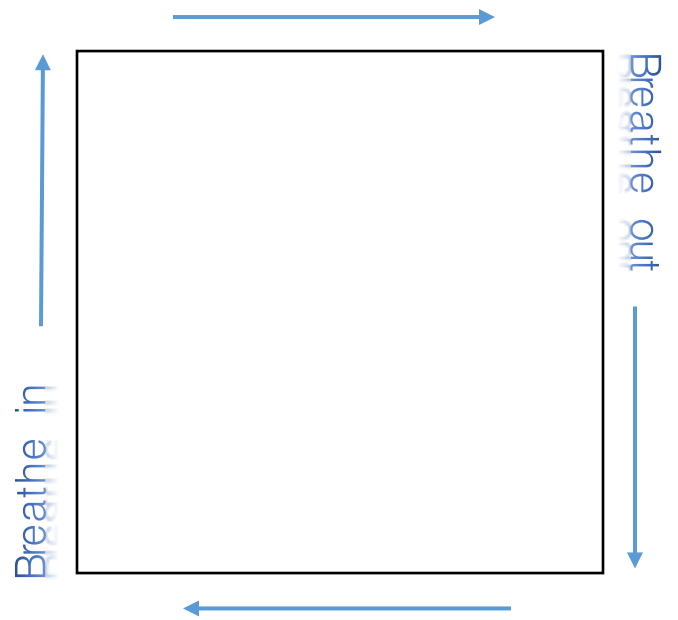
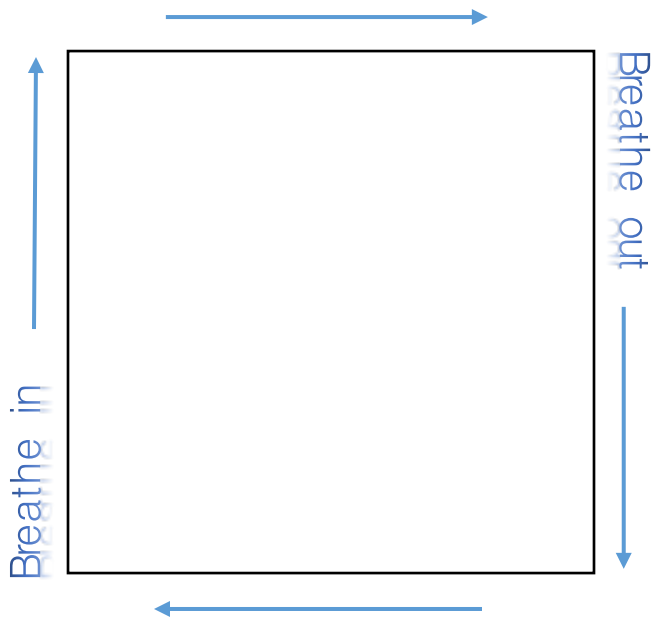
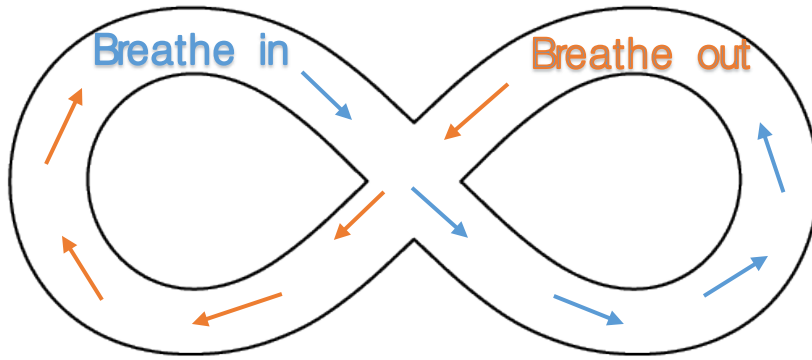


Practice each breathe board by following the lines with your finger as you breathe in and out.



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