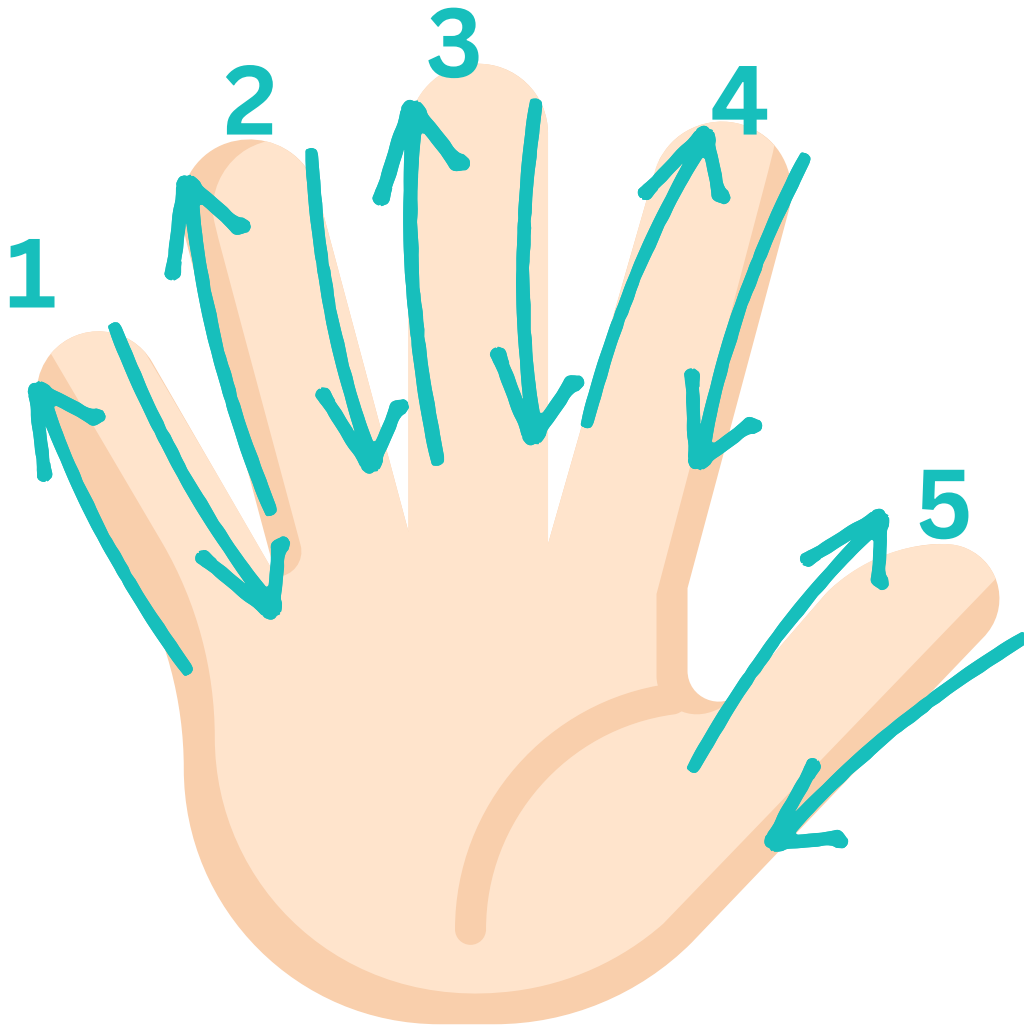


Five Finger Breathing



Breathe slowly in as you trace up one side of your finger. Breathe out as you trace down the other side.