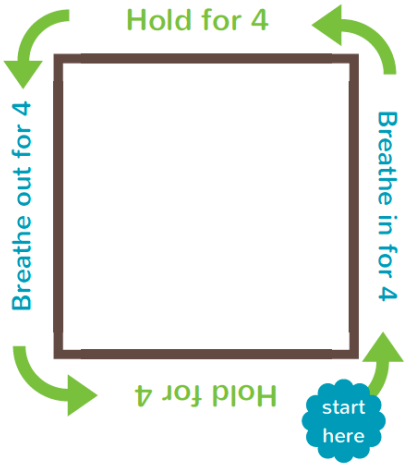
Breathing Techniques

Starfish breathing



Square breathing.



Triangle breathing.

