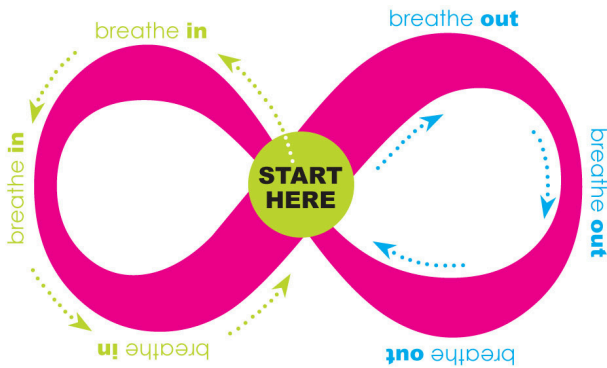


BREATHING TECHNIQUES

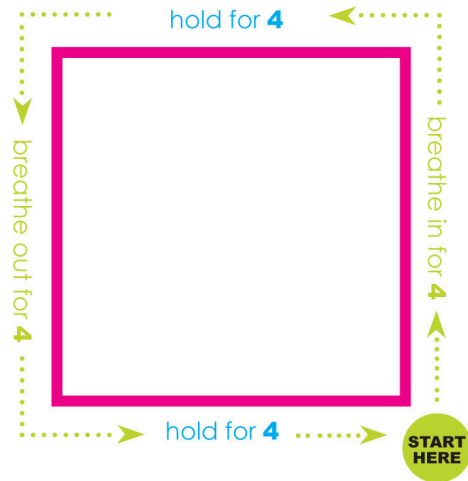
LAZY 8 BREATHING

Begin with an 8 on its side. Place your finger on the middle circle. Trace your finger up and around the left half of the 8 while you breathe in. When you get back to the middle of the 8, trace up and around the right half of the 8 as you breathe out. End at the center of the 8.



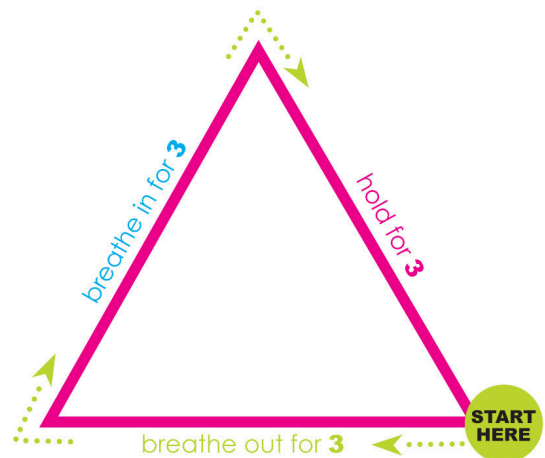
SQUARE BREATHING

To complete one deep breath - start at the bottom right of the square, and follow the arrows around the square.



STAR BREATHING

Start at any "breathe in" side. Hold your breath at the point, then breathe out. Keep following the sides until the entire star has been completed.



TRIANGLE BREATHING

Start at the bottom right corner. Follow the sides around the triangle to complete one deep breath.