

SHAPE BREATHING

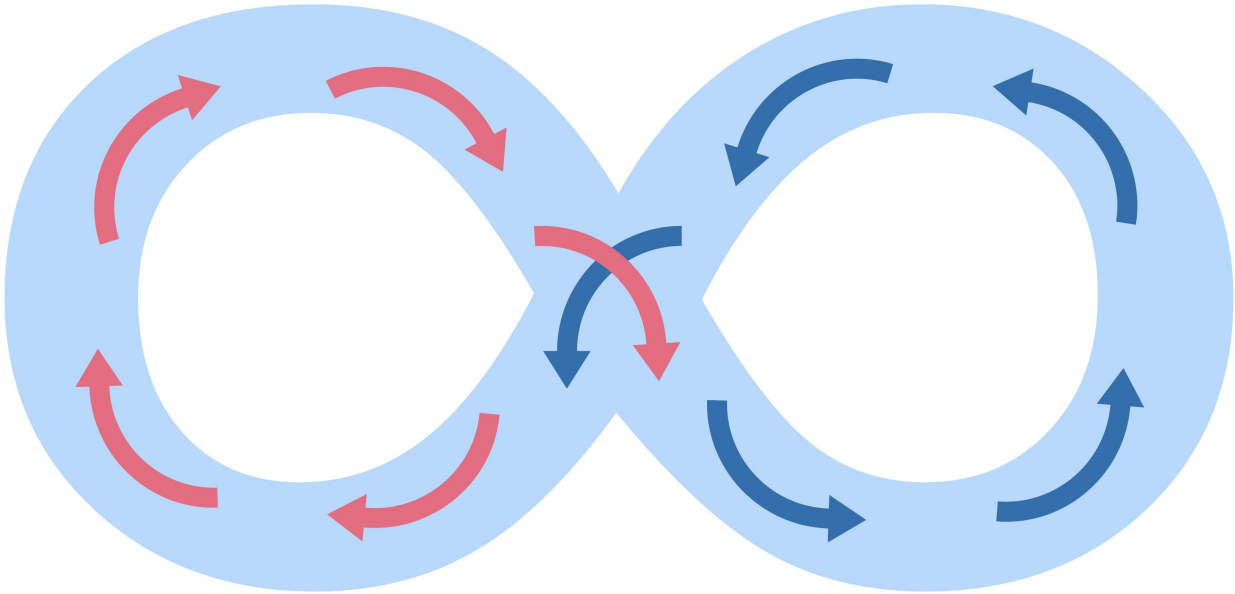
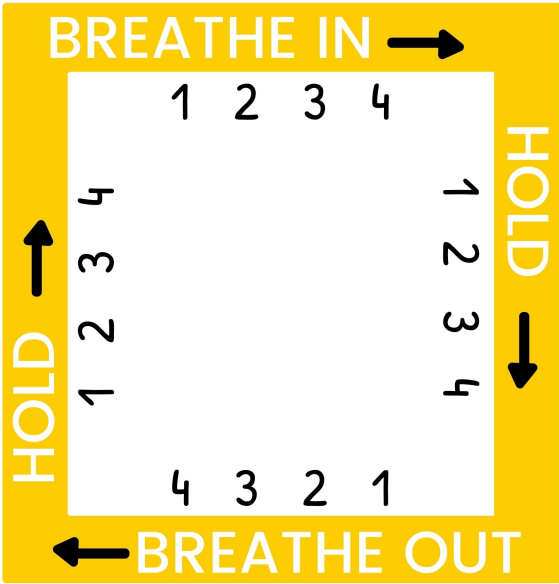
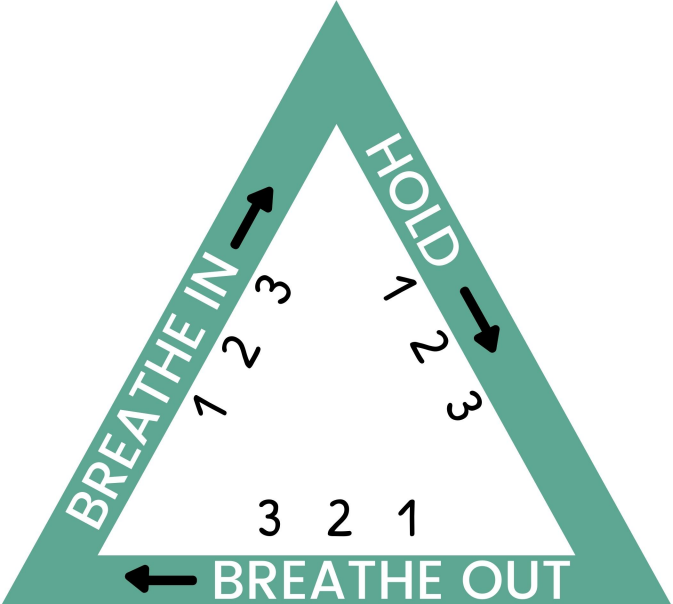


Figure 8 Breathing

Breathe in when you are tracing the pink arrows.
Breathe out when you are tracing blue arrows.



Square Breathing



Triangle Breathing