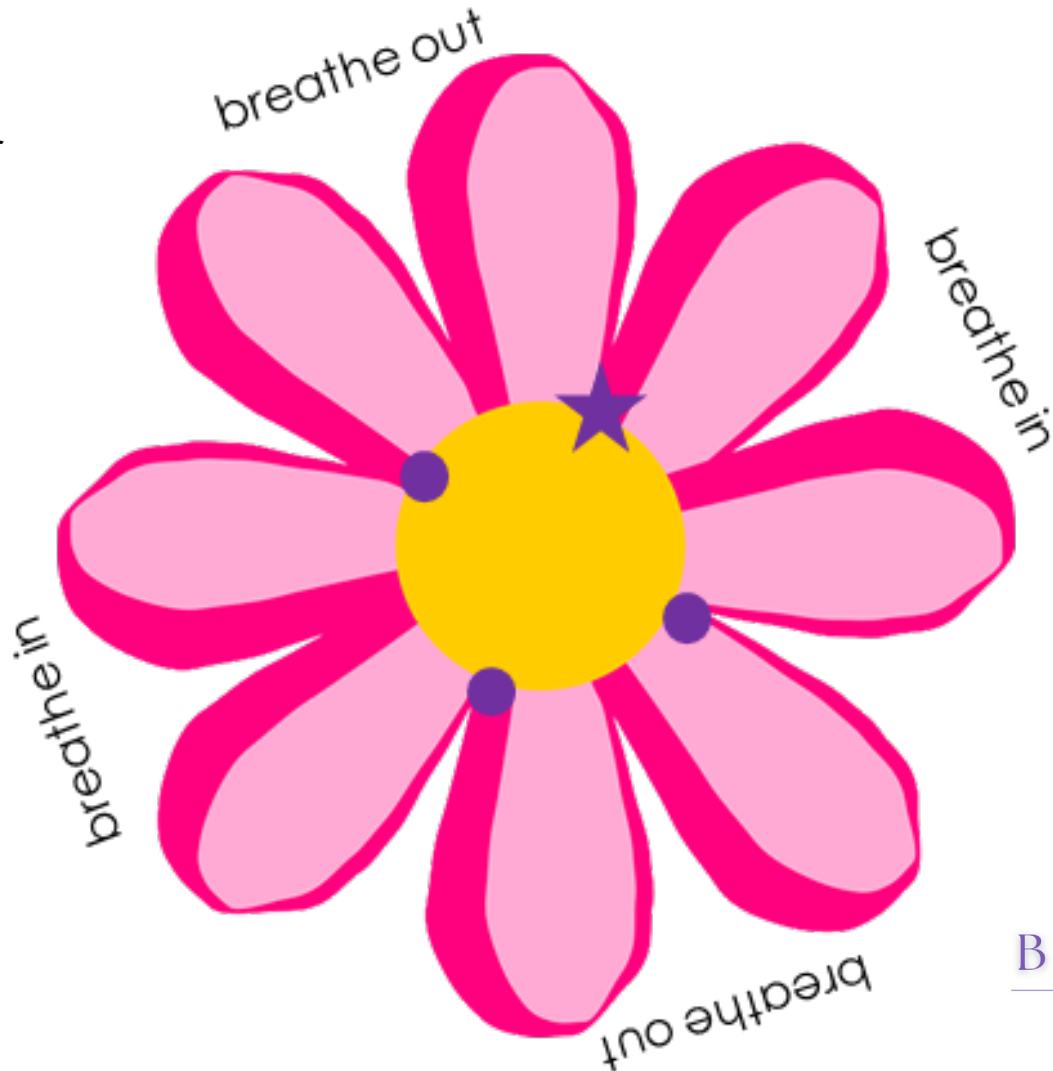


Flower Breath

Start at the
star.
Breathe in for
2 petals,
breathe out
for 2 petals.



BRAIN BODY

learning lab