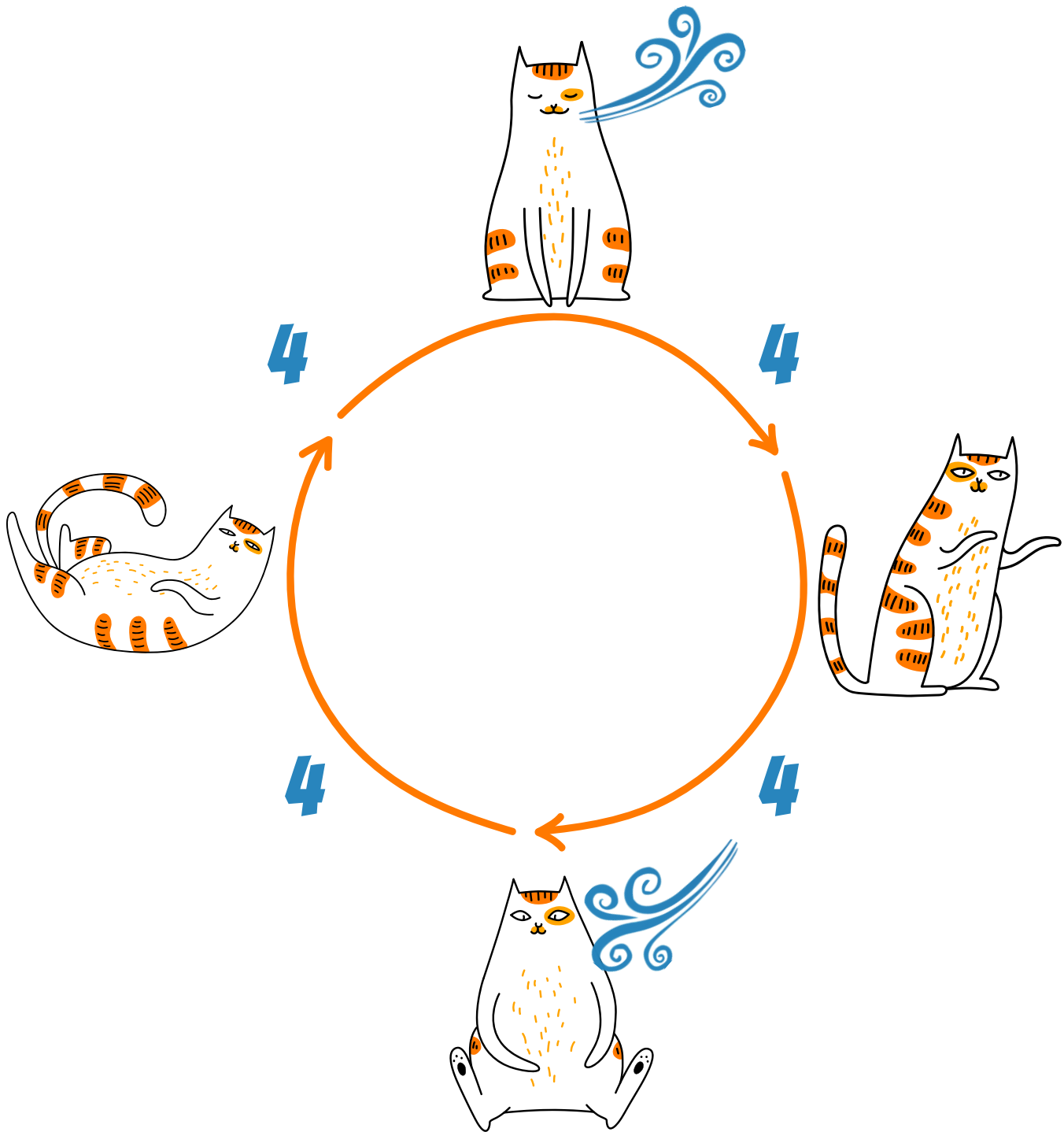


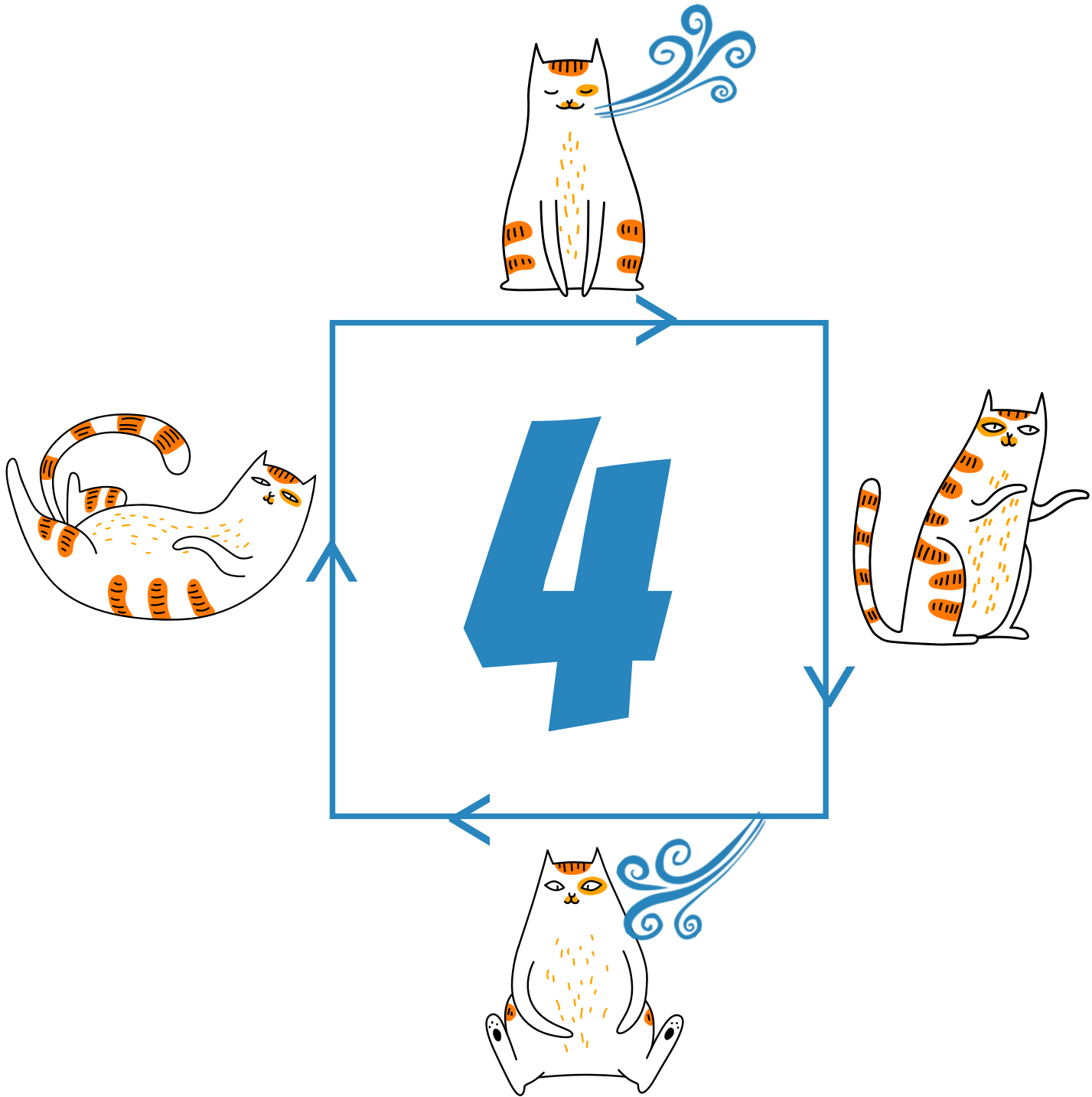
# BREATHING EXERCISE



**BREATHE OUT FOR 4, HOLD FOR 4, BREATHE IN FOR 4, HOLD FOR FOUR**

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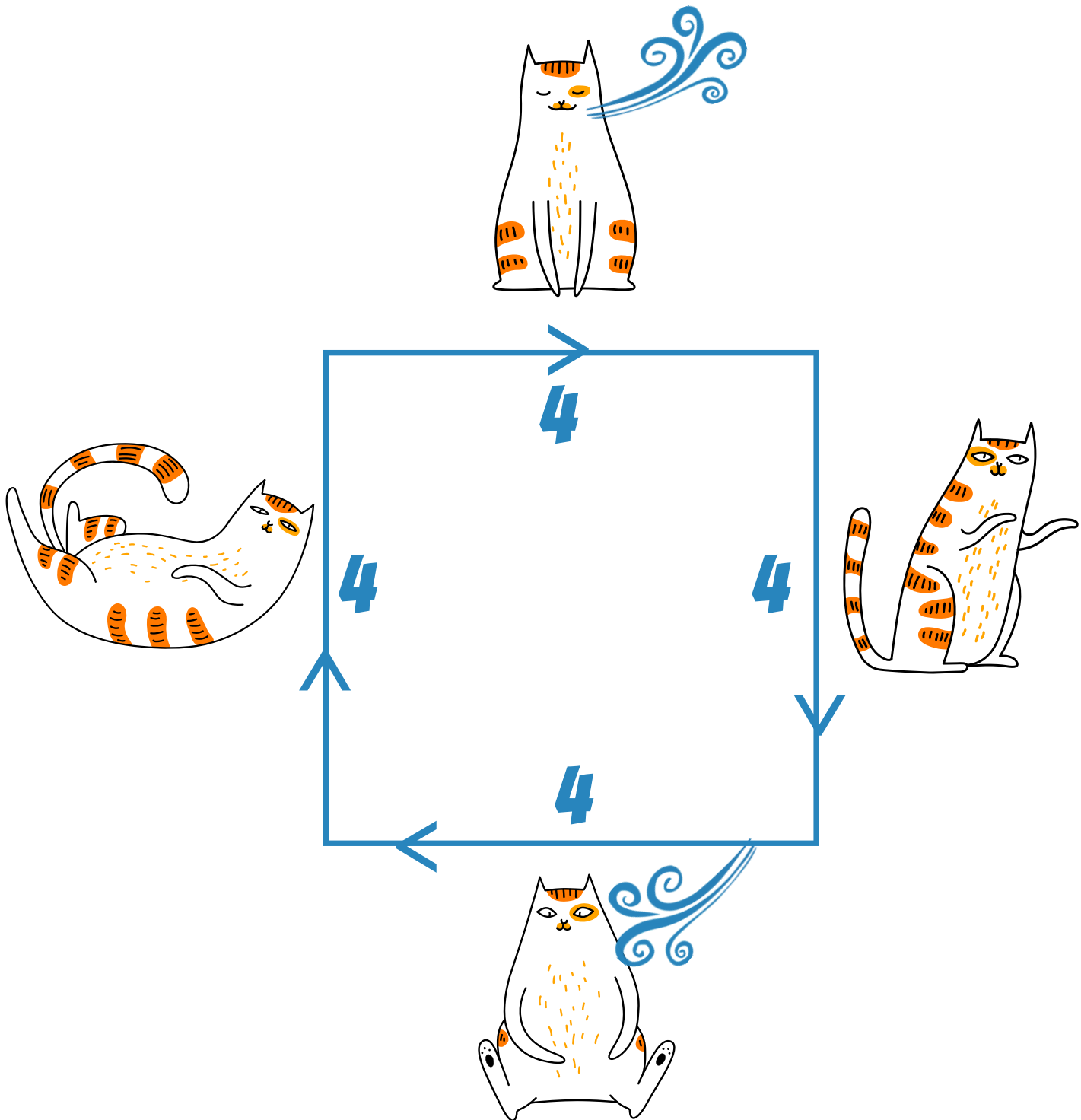
# ***BOX BREATHING***



***BREATHE OUT FOR 4, HOLD FOR 4, BREATHE IN FOR 4, HOLD FOR FOUR***

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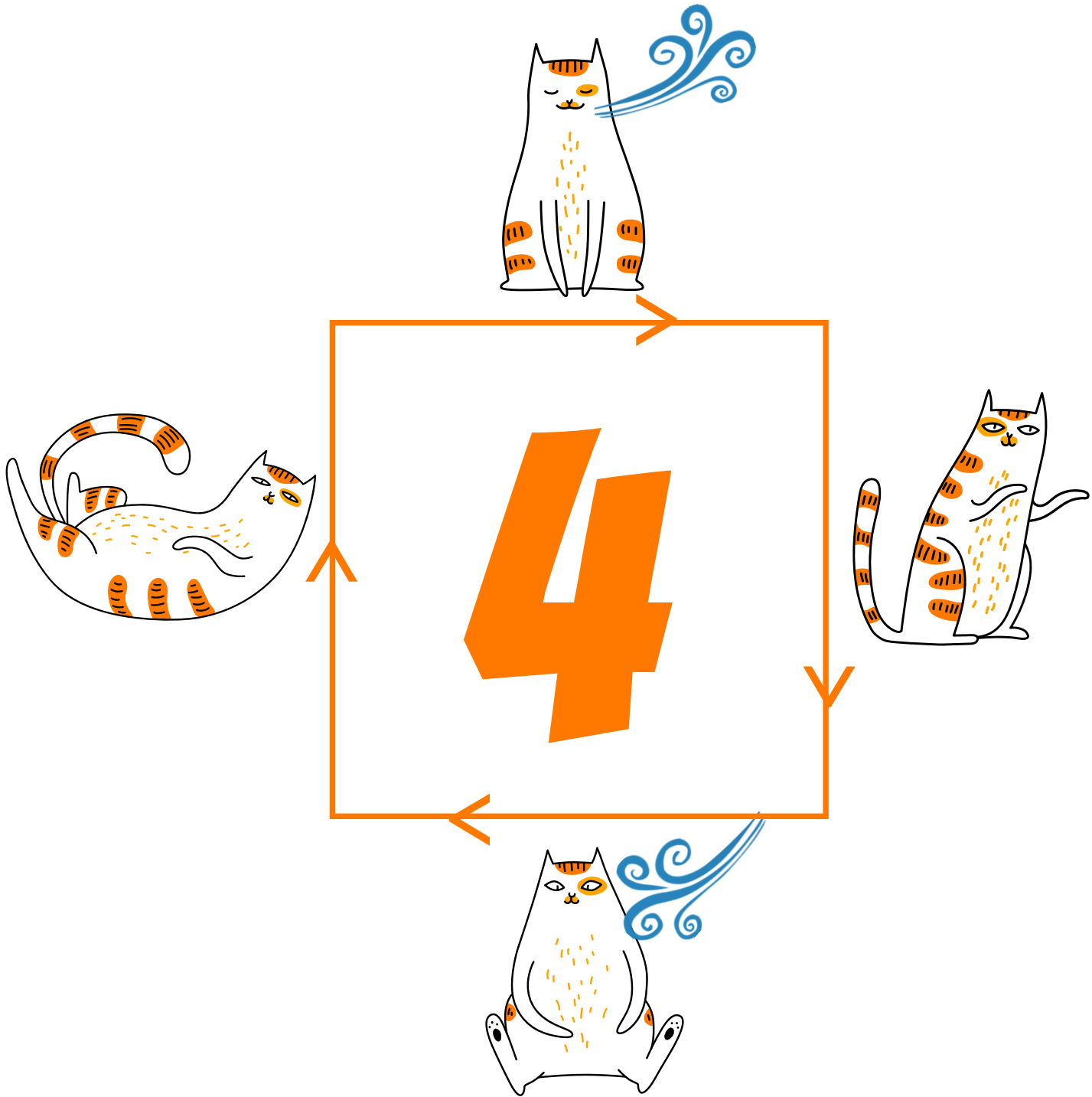
# ***BOX BREATHING***



***BREATHE OUT FOR 4, HOLD FOR 4, BREATHE IN FOR 4, HOLD FOR FOUR***

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# ***BOX BREATHING***



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