Breathe in

Breathe in

Breathe in

start here

Breathe out

Breathe out

Breathe out

JUST BREATHE

Square (left)

Hold for 4

Breathe out for 4

Breathe in for 4

Hold for 4

start here

Triangle (right)

Breathe in for 3

Hold for 3

Breathe out for 3

start here