



Star Breathing

Breathe in, hold at the point, and breathe out.

Follow your way around the star.

hold

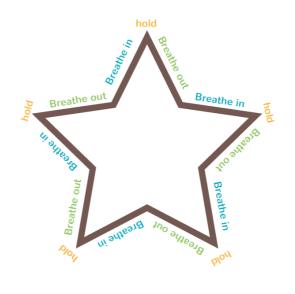
Breathe Out

Breathe In

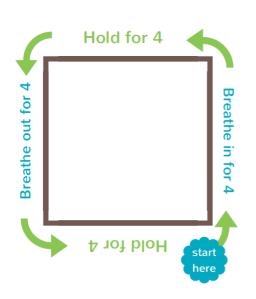
Output

Breathe

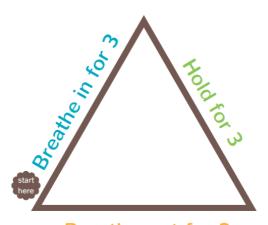
STAR BREATHING



SQUARE BREATHING



TRIANGLE BREATHING



Breathe out for 3

LAZY 8 BREATHING

