

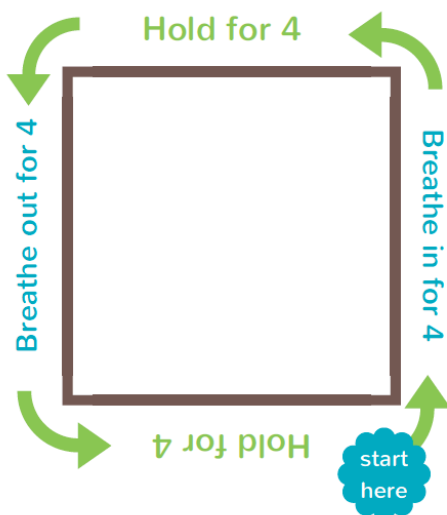
STAR BREATHING



TRIANGLE BREATHING



SQUARE BREATHING



LAZY 8 BREATHING

