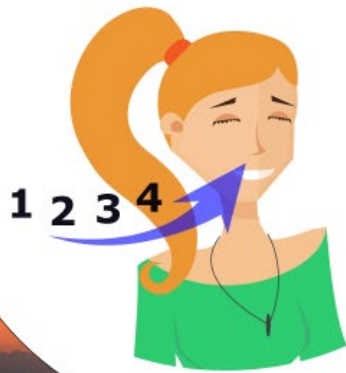


4

Breathe in
& count



7

Hold & count



Breathe out
& count



8