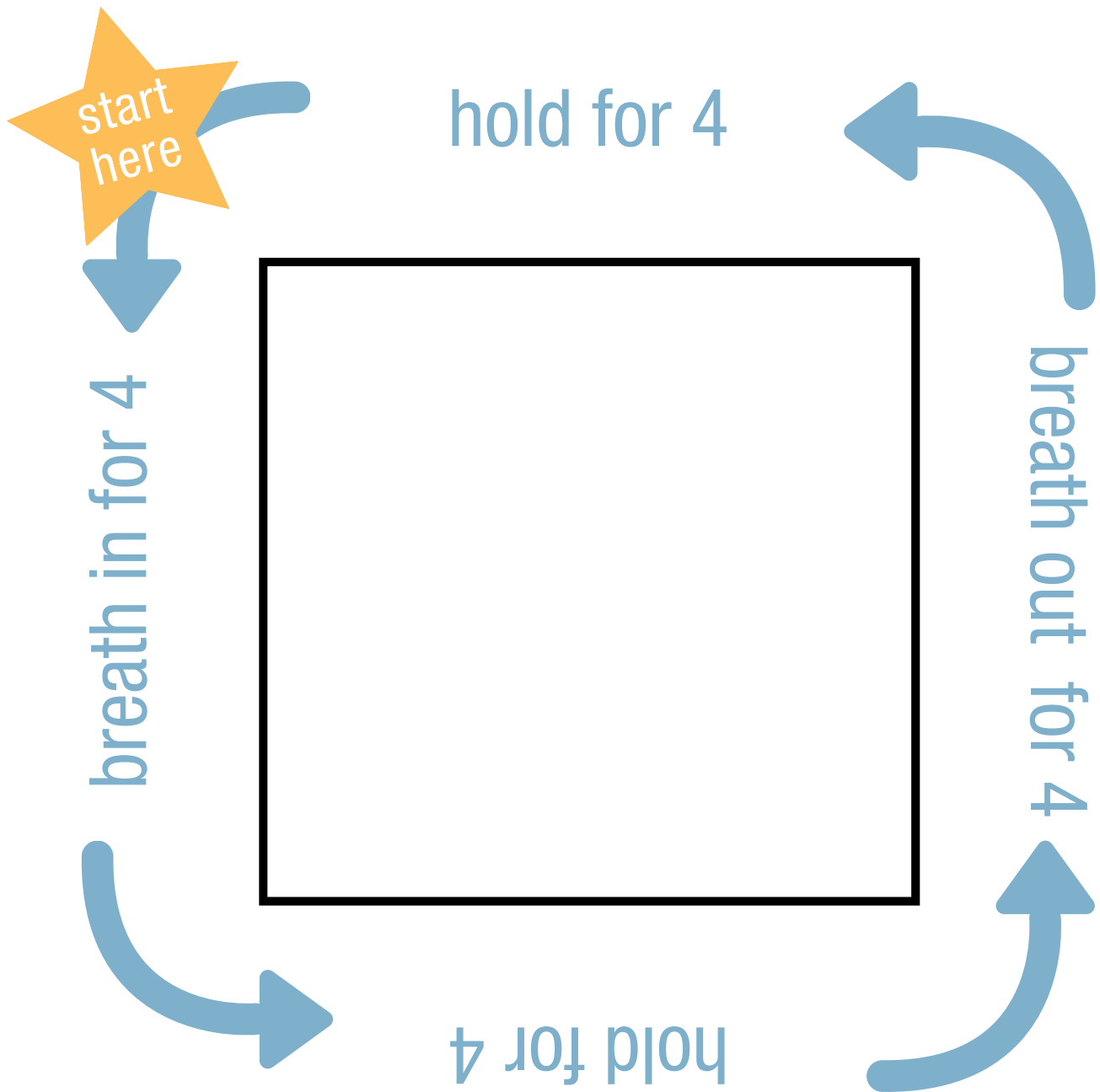


breathing square

Follow the arrows around the square to complete one deep breath.



squares always look good in photos since they know all the right angles

breathing star

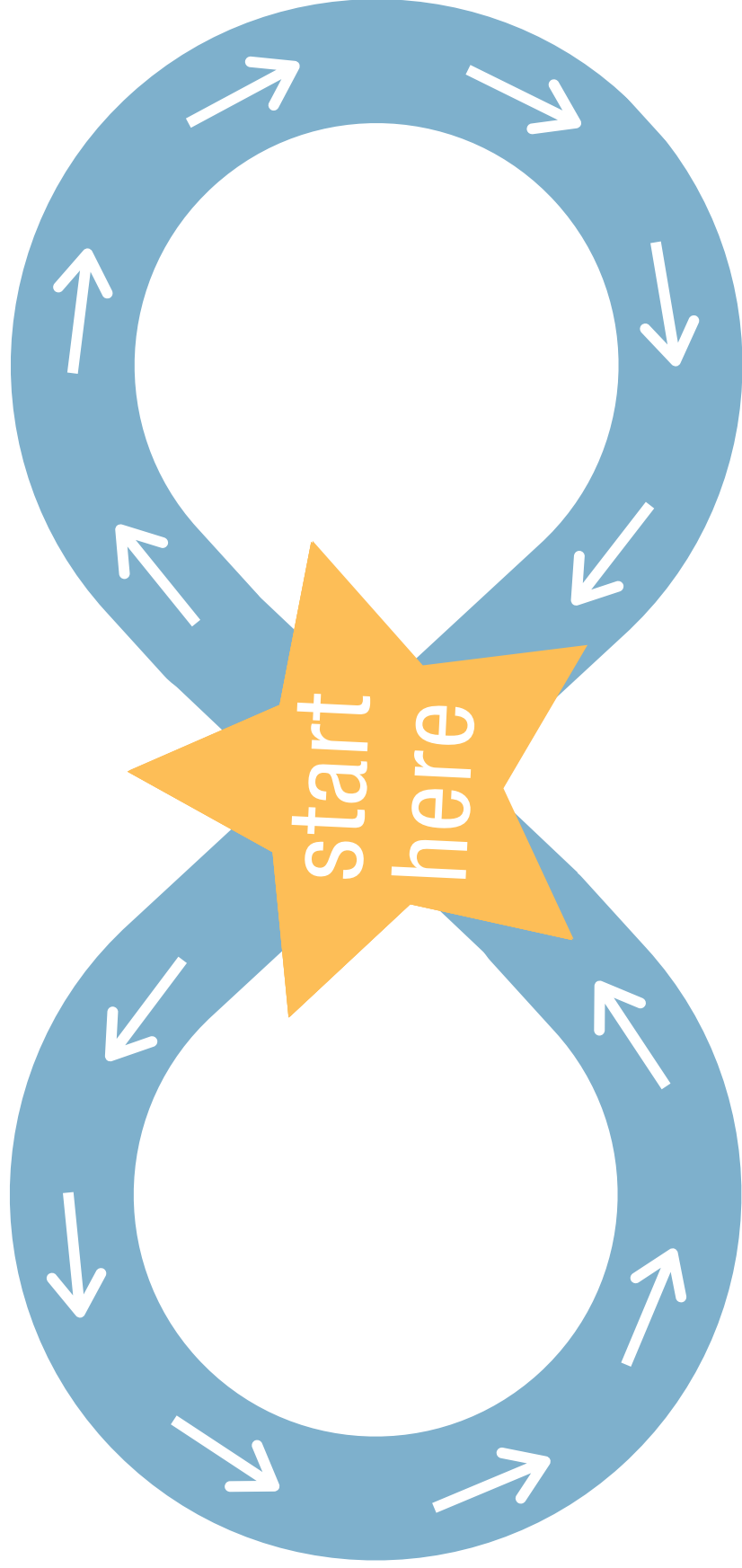
Go around the star breathing in, holding your breath, and then breathing out.



why do some people prefer shooting stars to vegetables? they're meteor!

breathing lazy 8

Start in the center of the 8 and follow the arrows with your fingertip. Breathe in while tracing the left side. Breathe out while tracing the right side.



i'm not lazy, i'm in energy saving mode :)