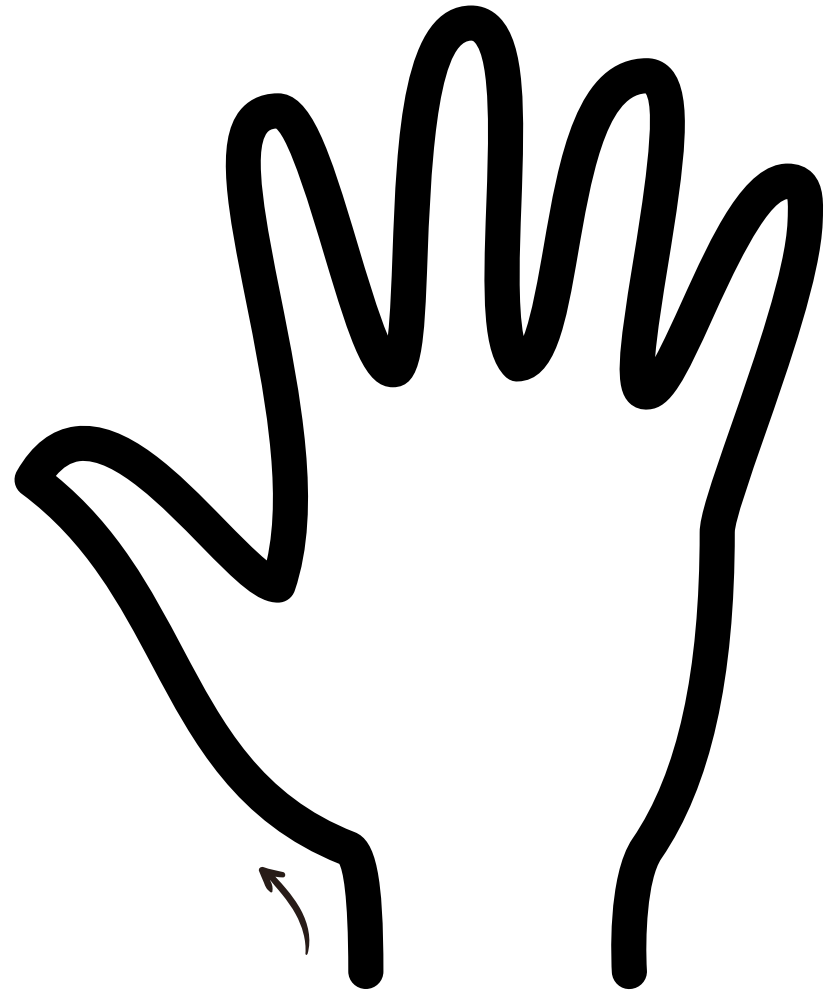


Hand Breathing

Starting at the arrow, use one finger to trace along the hand outline.

Inhale as you trace up each finger.

Exhale as you trace down the other side.



Hand Breathing

Starting at the arrow, use one finger to trace along the hand outline.

Inhale as you trace up each finger.

Exhale as you trace down the other side.