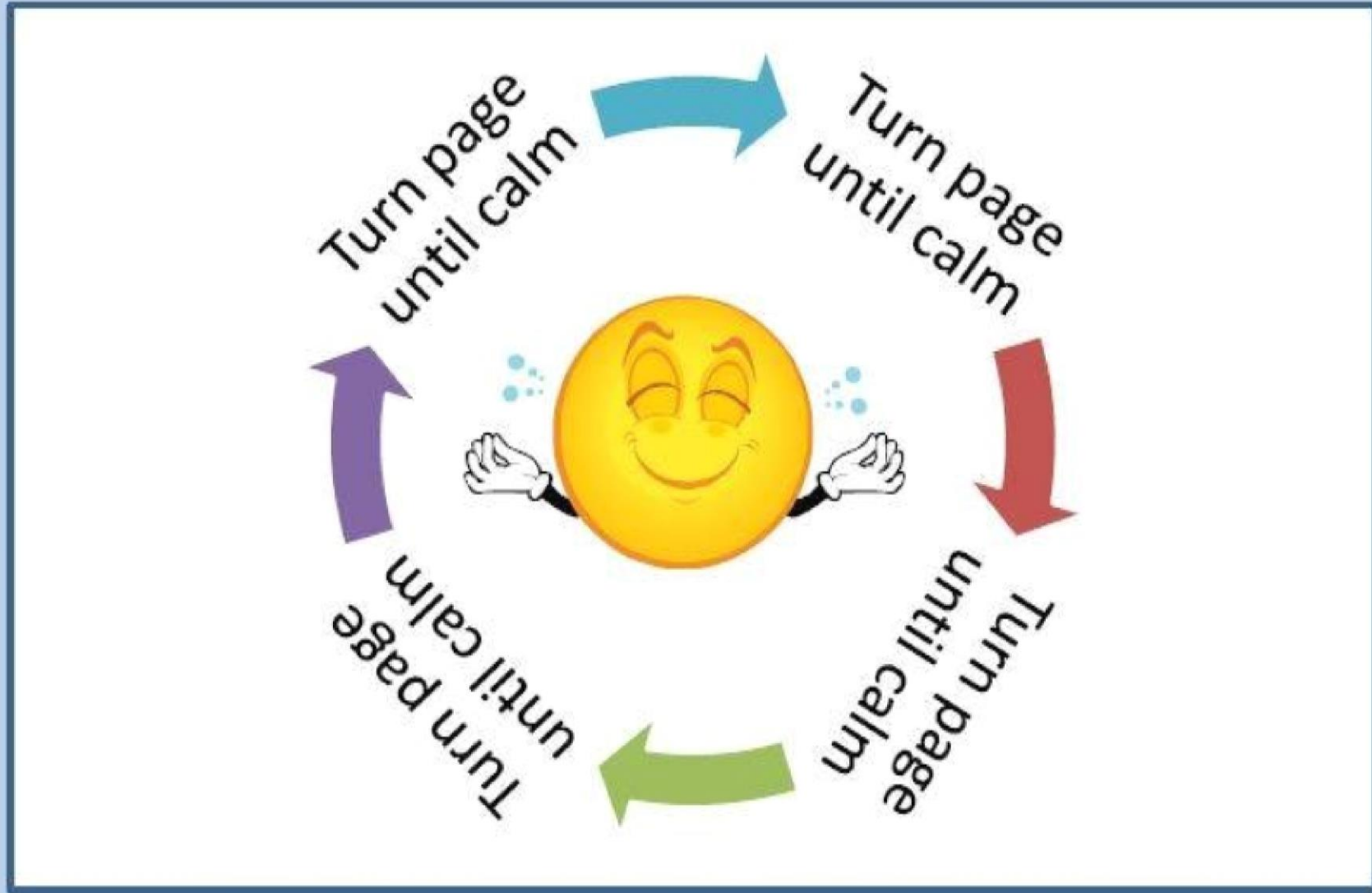


Count 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Breathe in – Breathe out – Breathe in-Breathe out



Breathe in – Breathe out – Breathe in-Breathe out

Count 1, 2, 3, 4, 5, 6, 7, 8, 9, 10