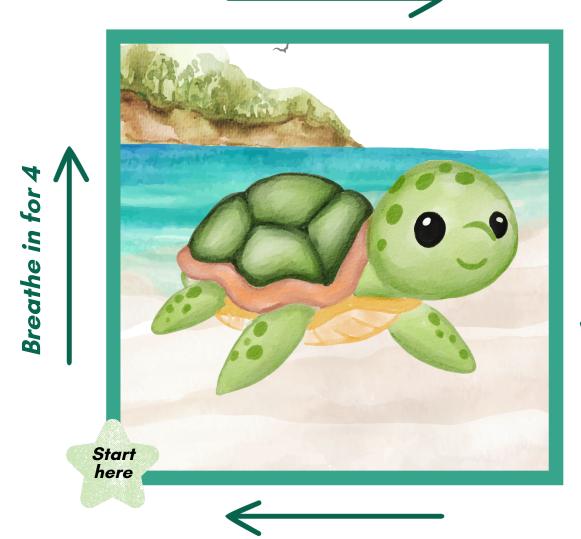
## BOXBREATHICG

## SLOW IT DOWN TURTLE STYLE!!

1.) Trace your finger up the box
while you take a deep breath in for 4 Seconds.
2.) Hold your breath for 4 seconds
as you trace along the top of the box.
3.) Breathe Out For 4 seconds
assyou trace the box down
4.) Hold your breath for 4 seconds,
as you trace the bottom of the box

## Hold for 4



Breathe out for 4

Hold for 4