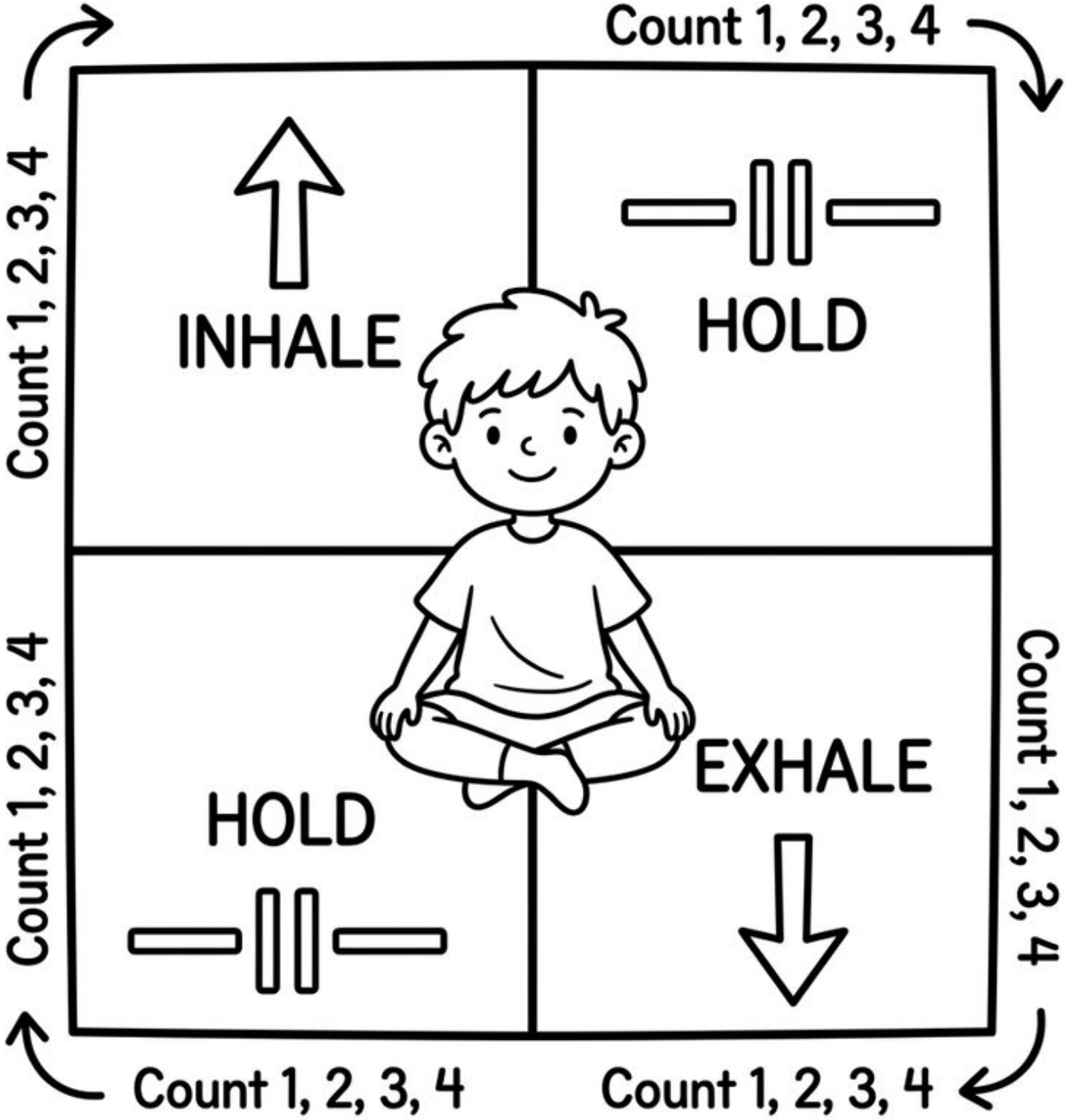
Count 1, 2, 3, 4
INHALE
HOLD
Count 1, 2, 3, 4
Count 1, 2, 3, 4
HOLD
EXHALE
Count 1, 2, 3, 4
Count 1, 2, 3, 4
Count 1, 2, 3, 4