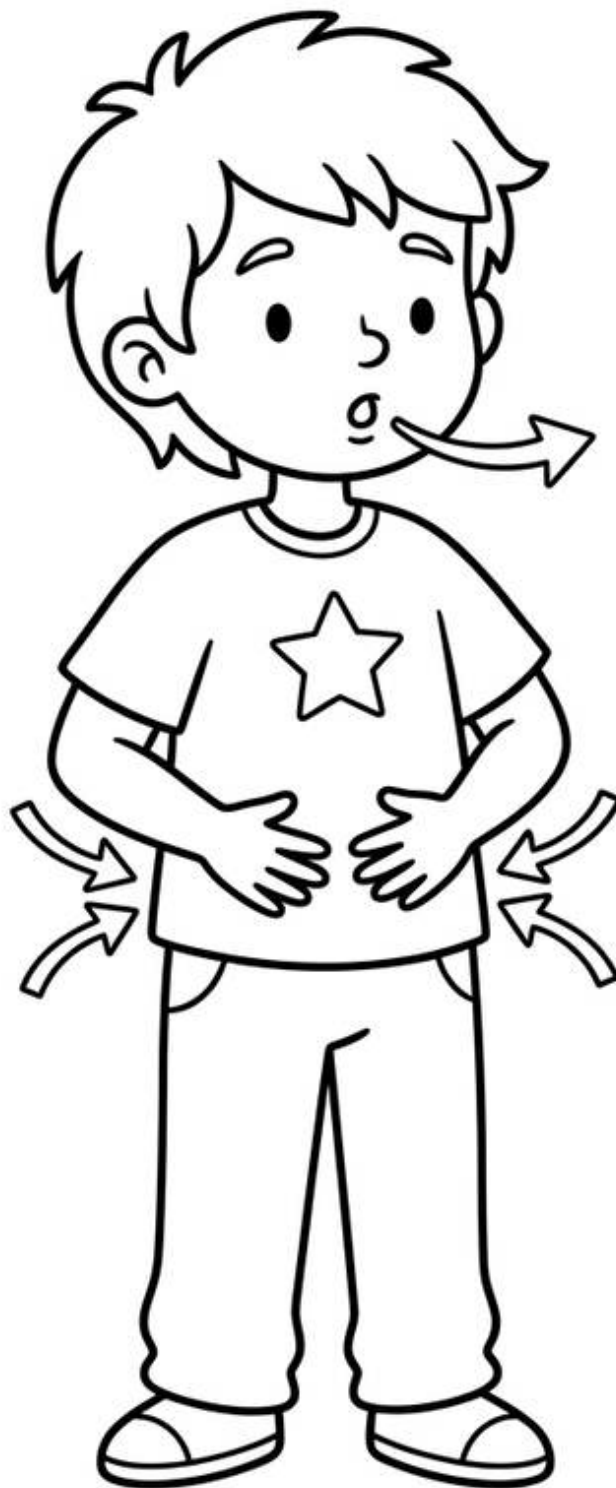


DEEP BELLY BREATHING!



1. INHALE
(Belly goes OUT)



2. EXHALE
(Belly goes IN)