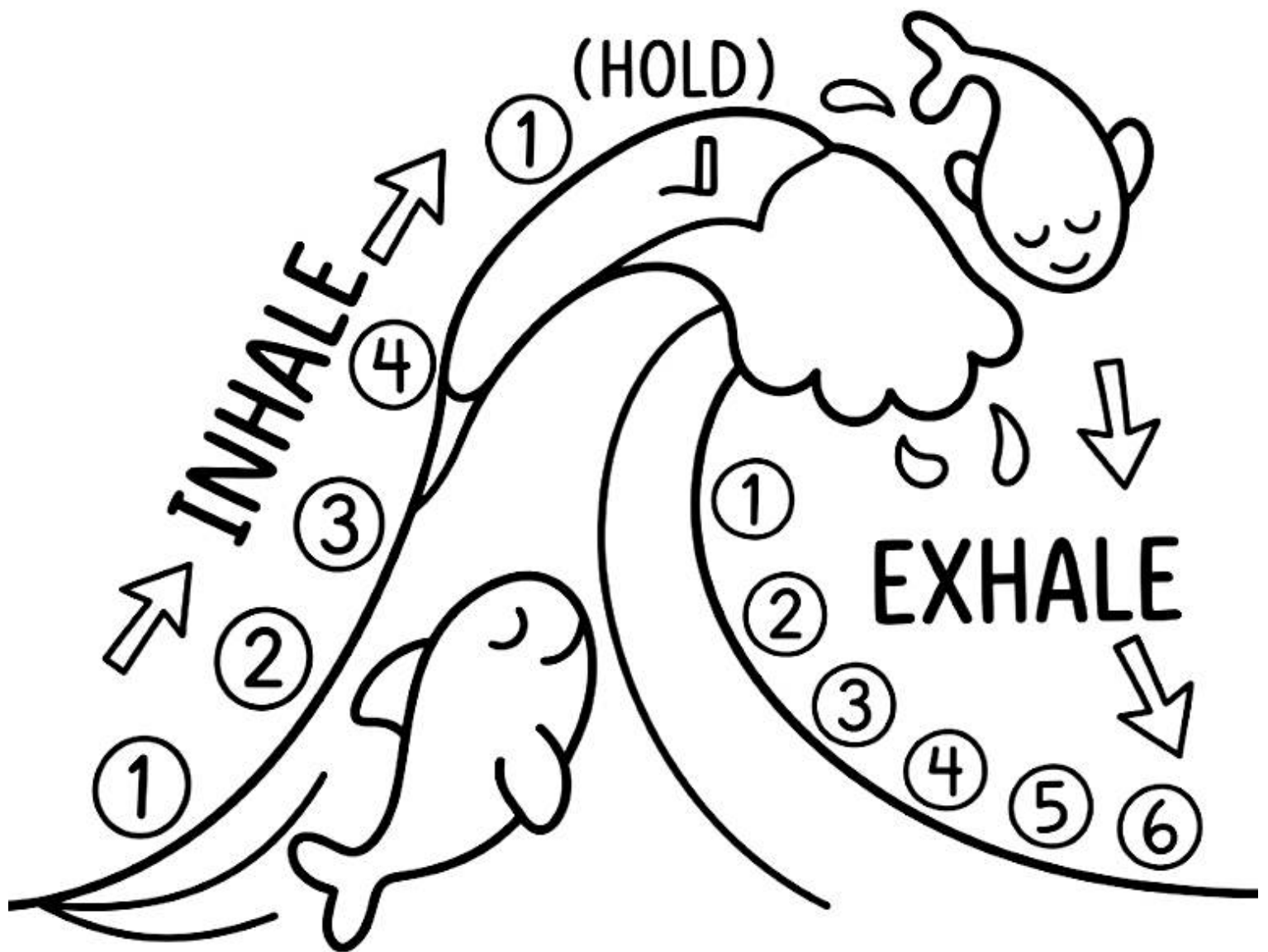


MINDFUL BREATHING

OCEAN WAVE



Breathe in as the wave goes UP,
count 1-2-3-4. Hold briefly.
Breathe out softly as the wave
crashes DOWN, count 1-2-3-4-5-6.