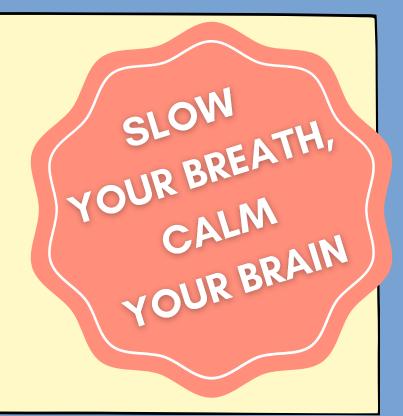
4 - 7 - 8 BREATH



SIT TALL

somewhere comfortable

BREATHE IN THROUGH YOUR NOSE

for 4 counts





HOLD YOUR BREATH

for 7 counts

BREATHE OUT THROUGH YOUR NOSE



for 8 counts





REPEAT

as you need

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