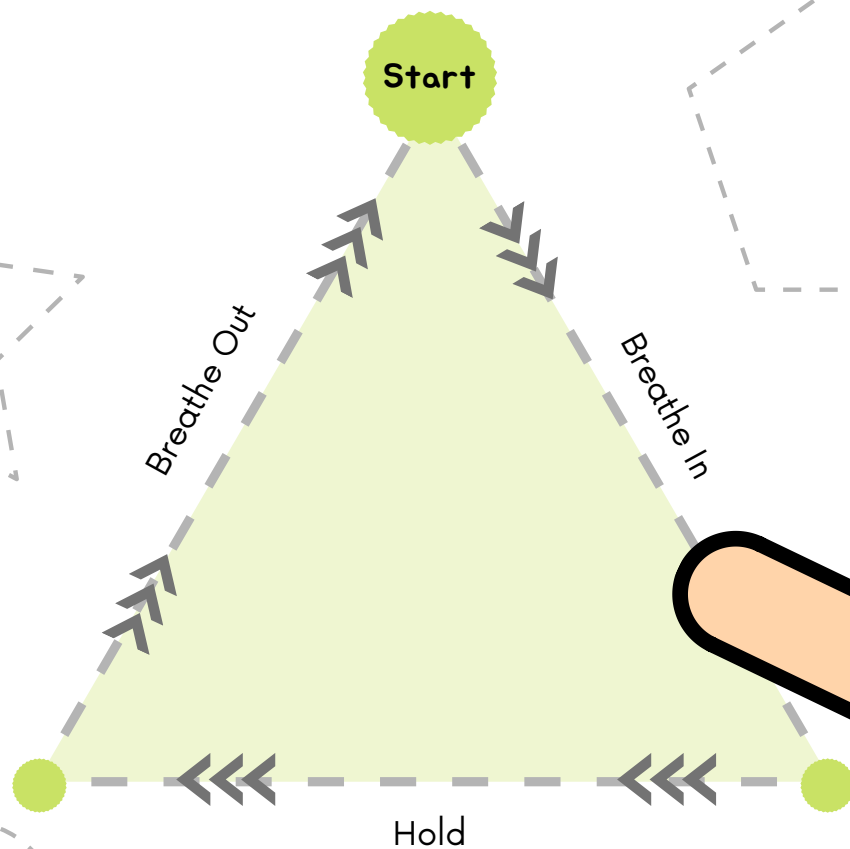
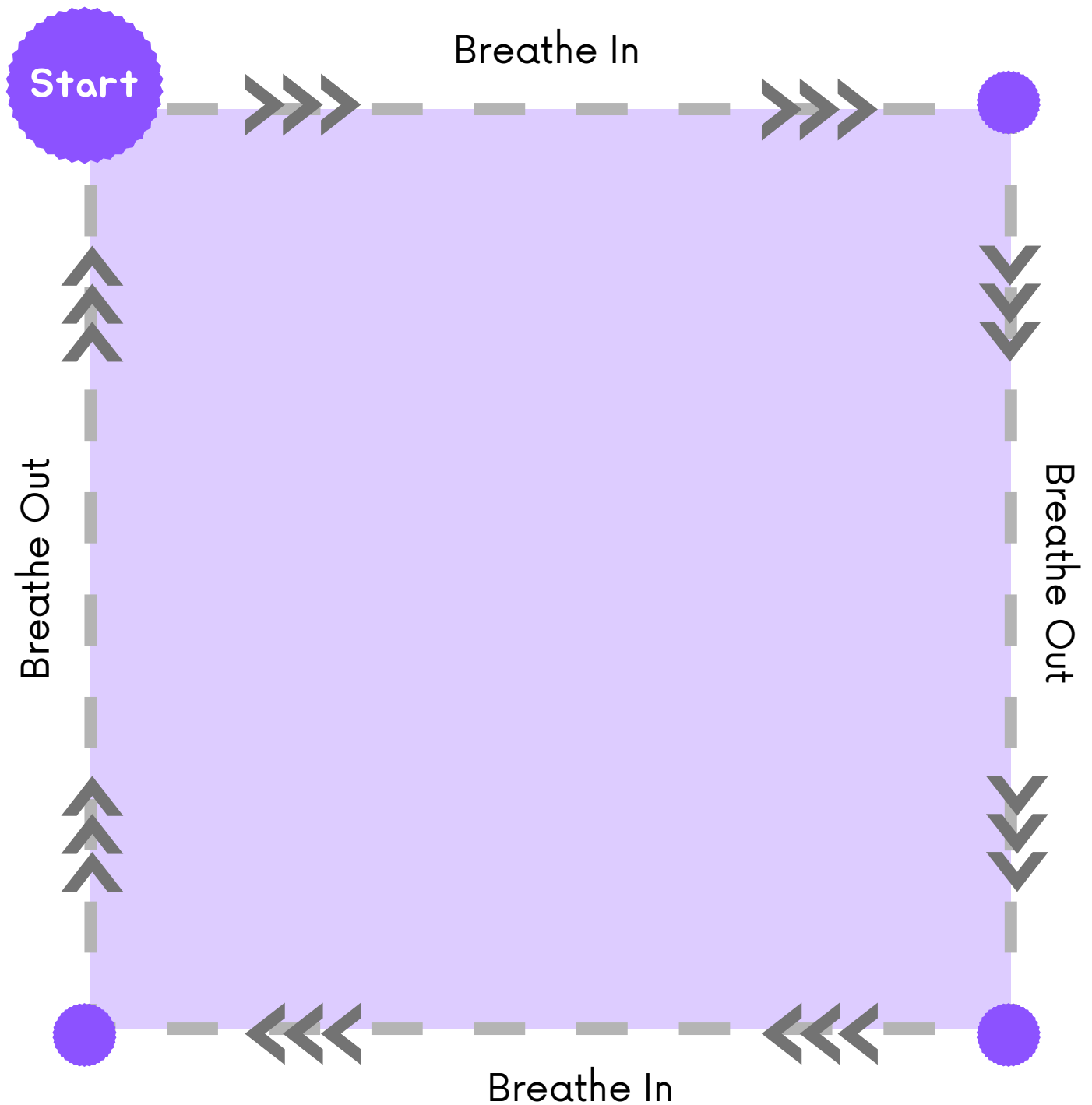


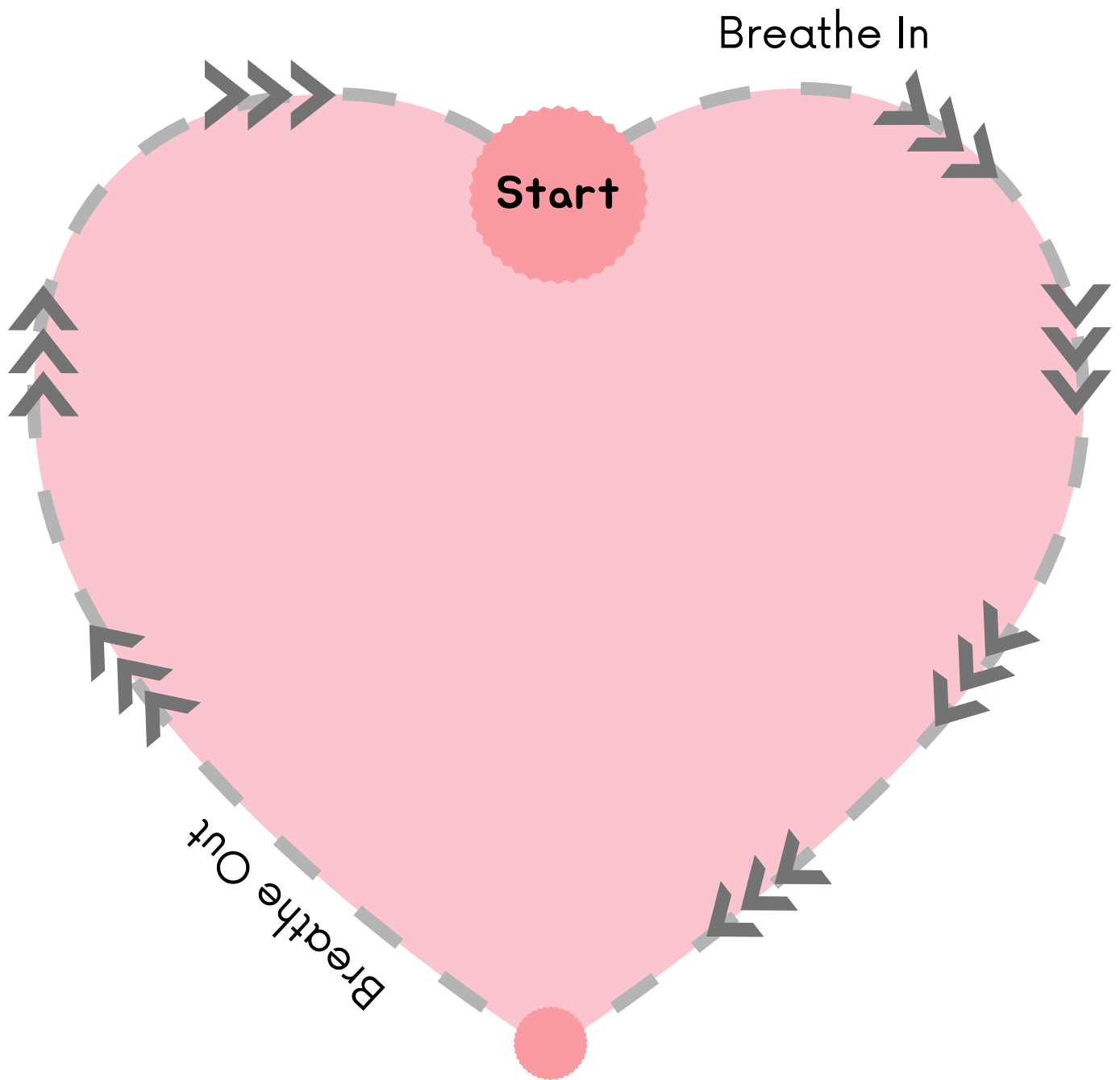
Shape Tracing Breathing Exercises



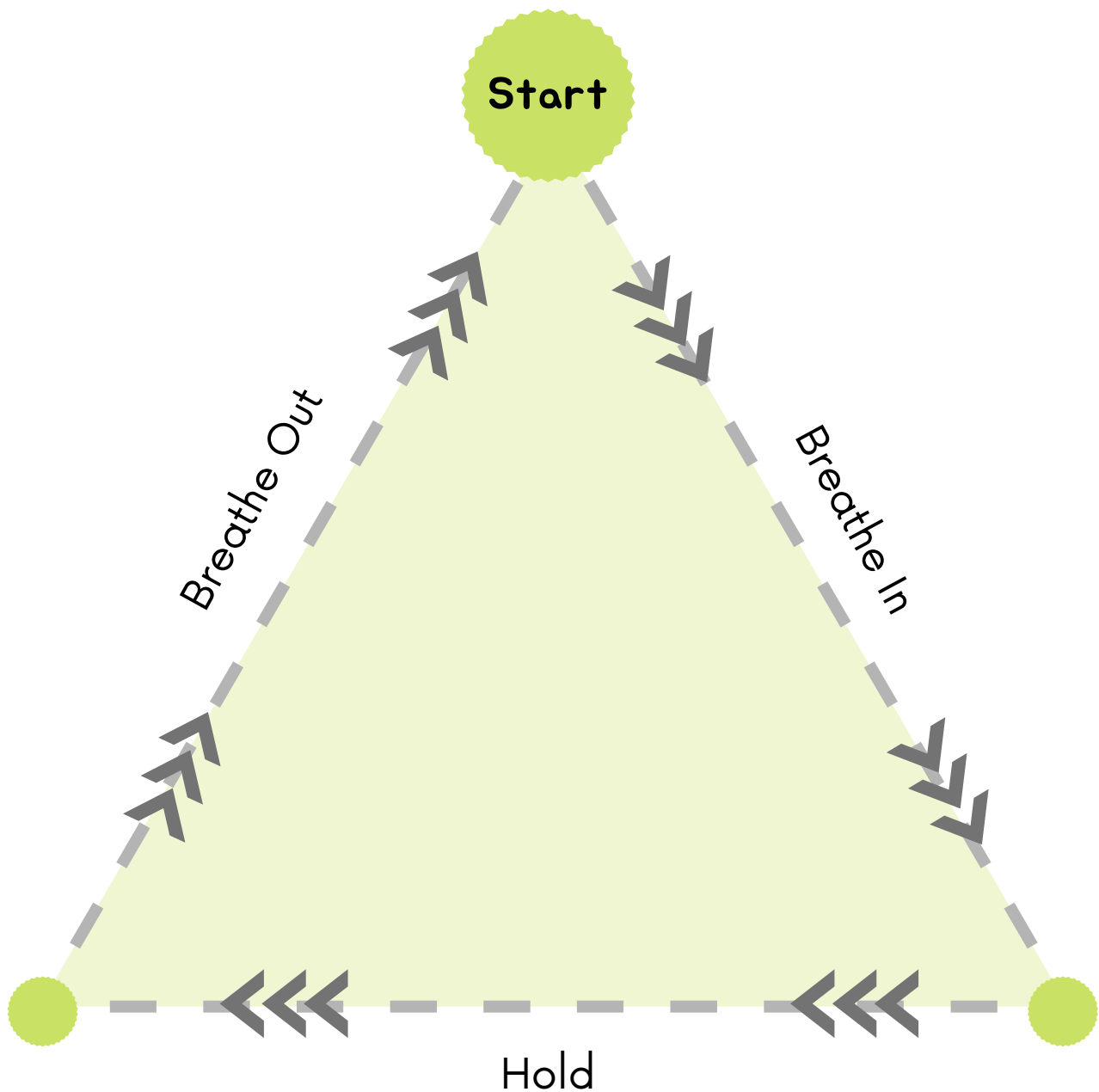
SQUARE Breathing Exercise



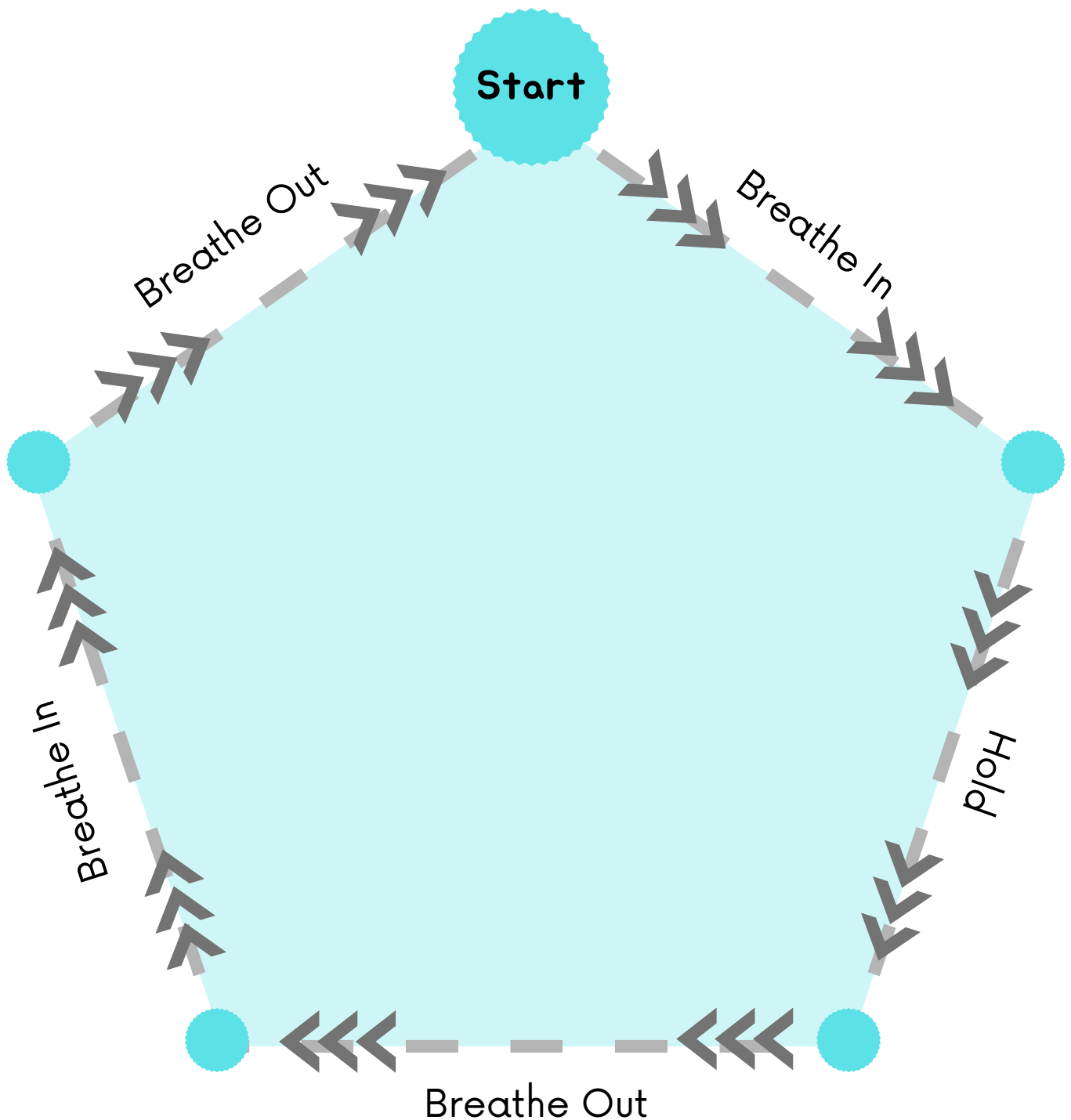
HEART Breathing Exercise



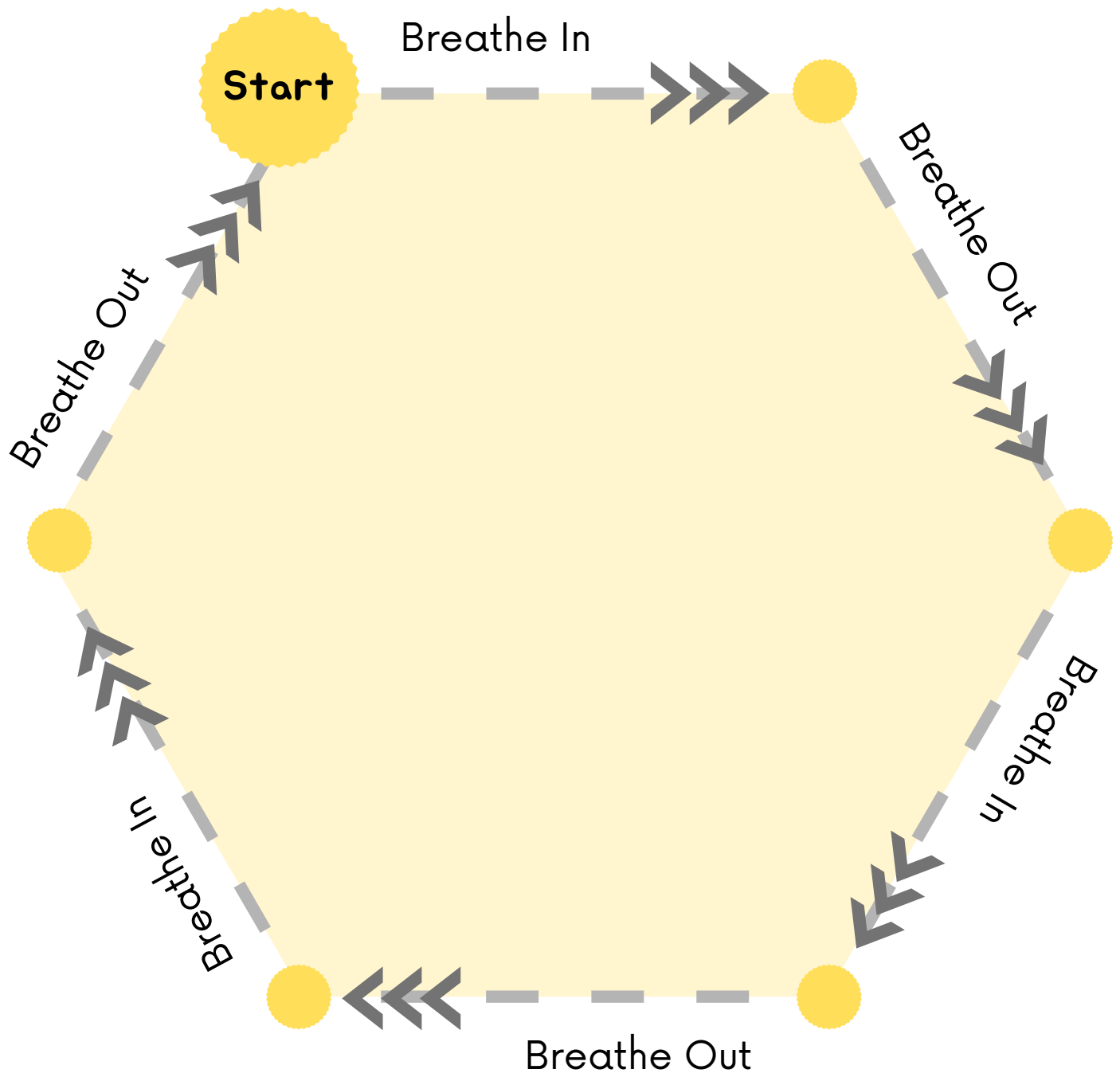
TRIANGLE Breathing Exercise



PENTAGON Breathing Exercise

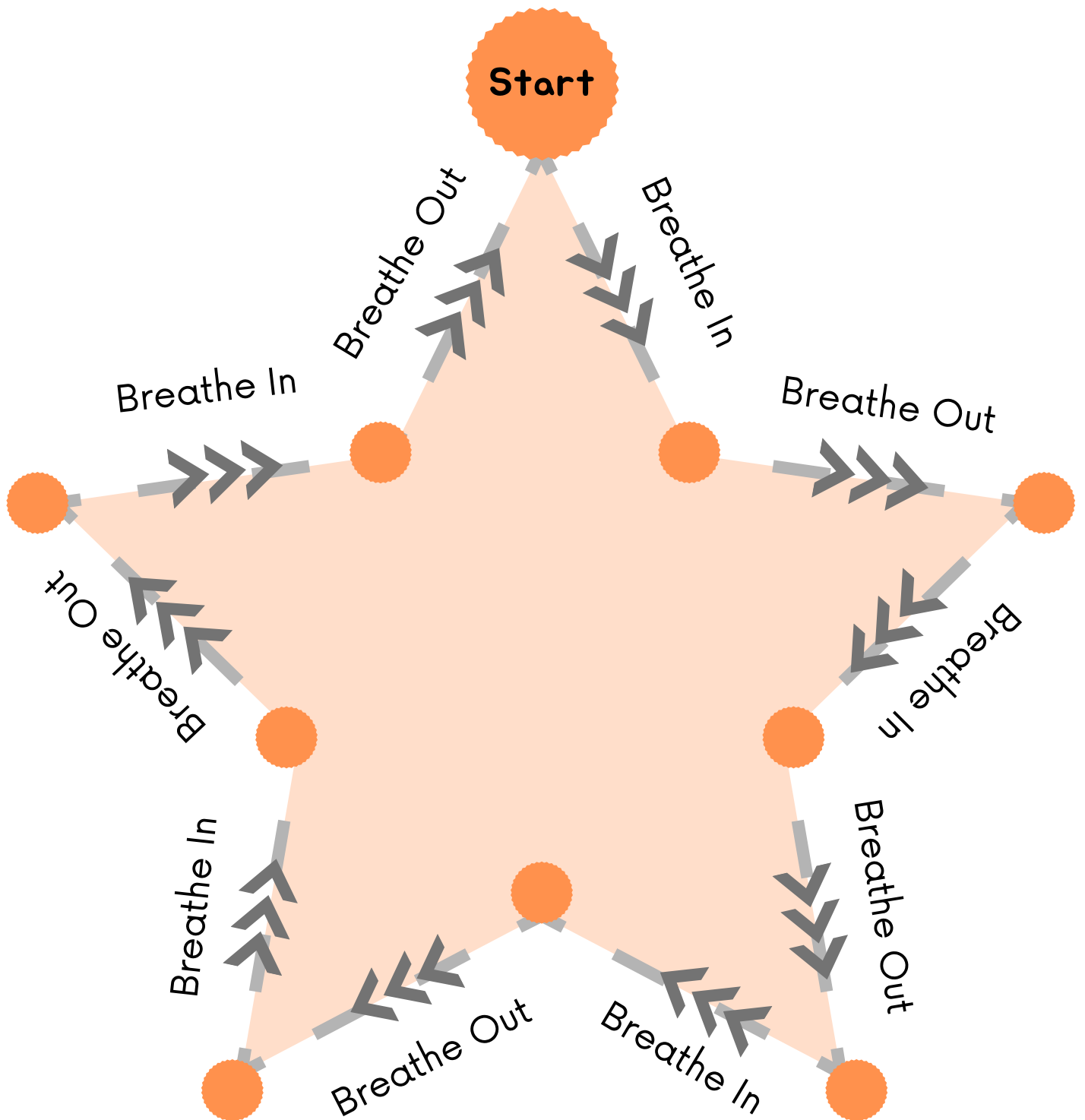


HEXAGON Breathing Exercise



STAR

Breathing Exercise



RECTANGLE Breathing Exercise

