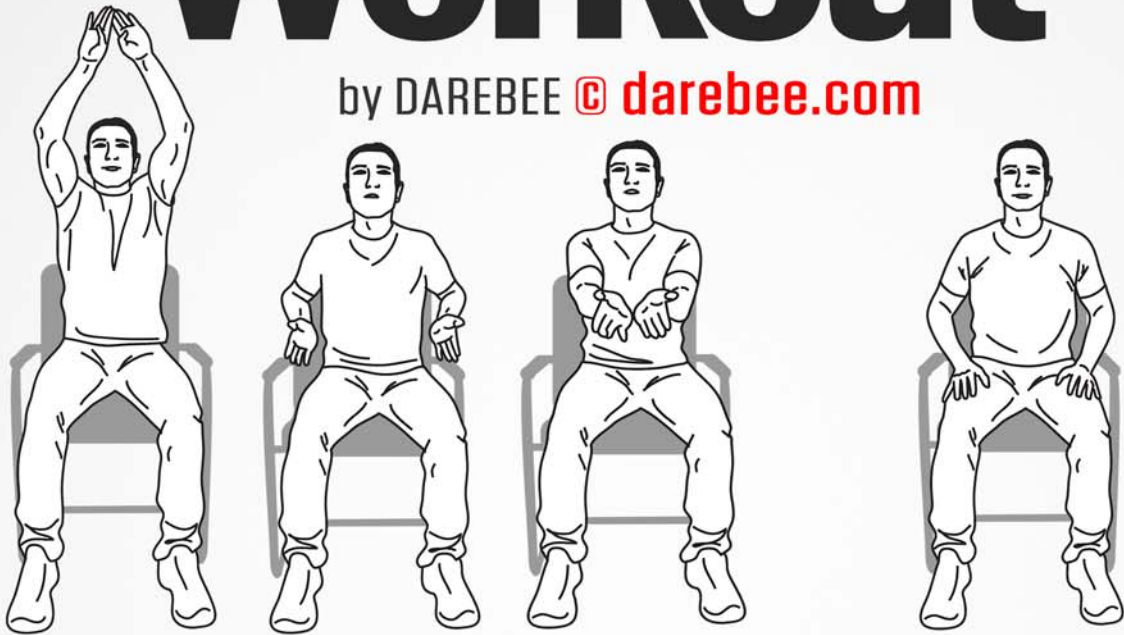


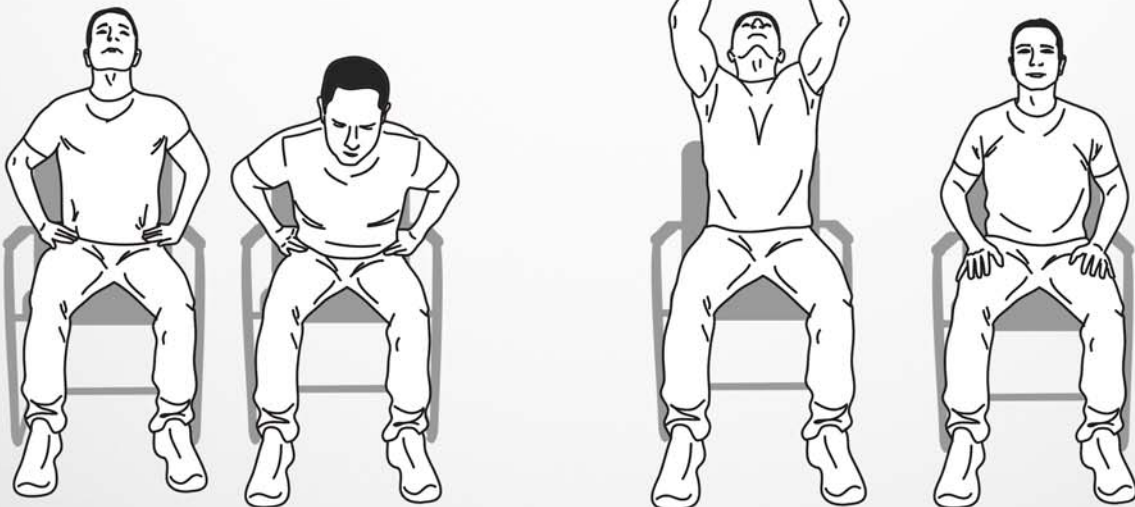
Breathing Workout

by DAREBEE @ darebee.com



Breathe in slowly, hold to a slow count of ten then exhale slowly. Repeat 3 times.

Take ten rapid breaths. Hold without breathing to the count of twenty.



Breathe in and lean back, breathe out and lean forward. Repeat 3 times.

Breathe in fast, breathe out fast. Hold for count of three. Repeat 3 times.