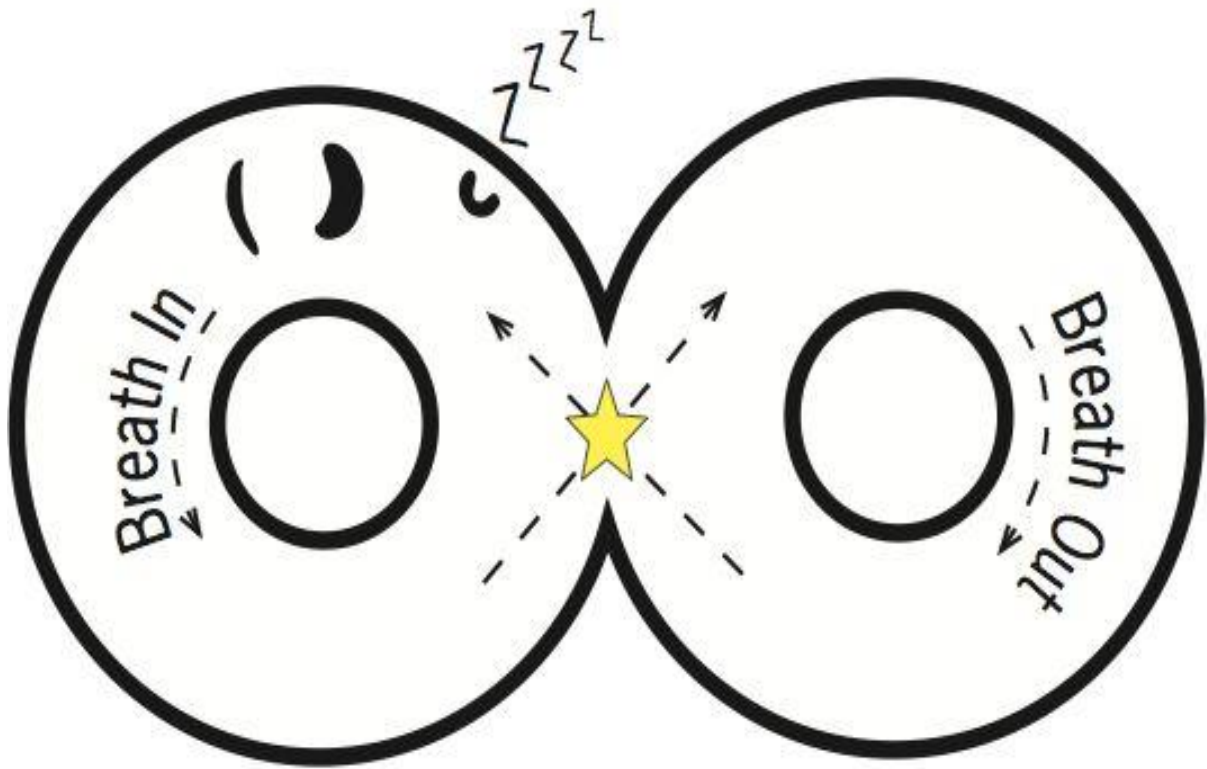


Star Breathing

Start at any "Breathe in" side, hold your breath at the point, then breathe out.
Keep going until you've gone around the whole star.



Lazy 8 **Breathing**



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.