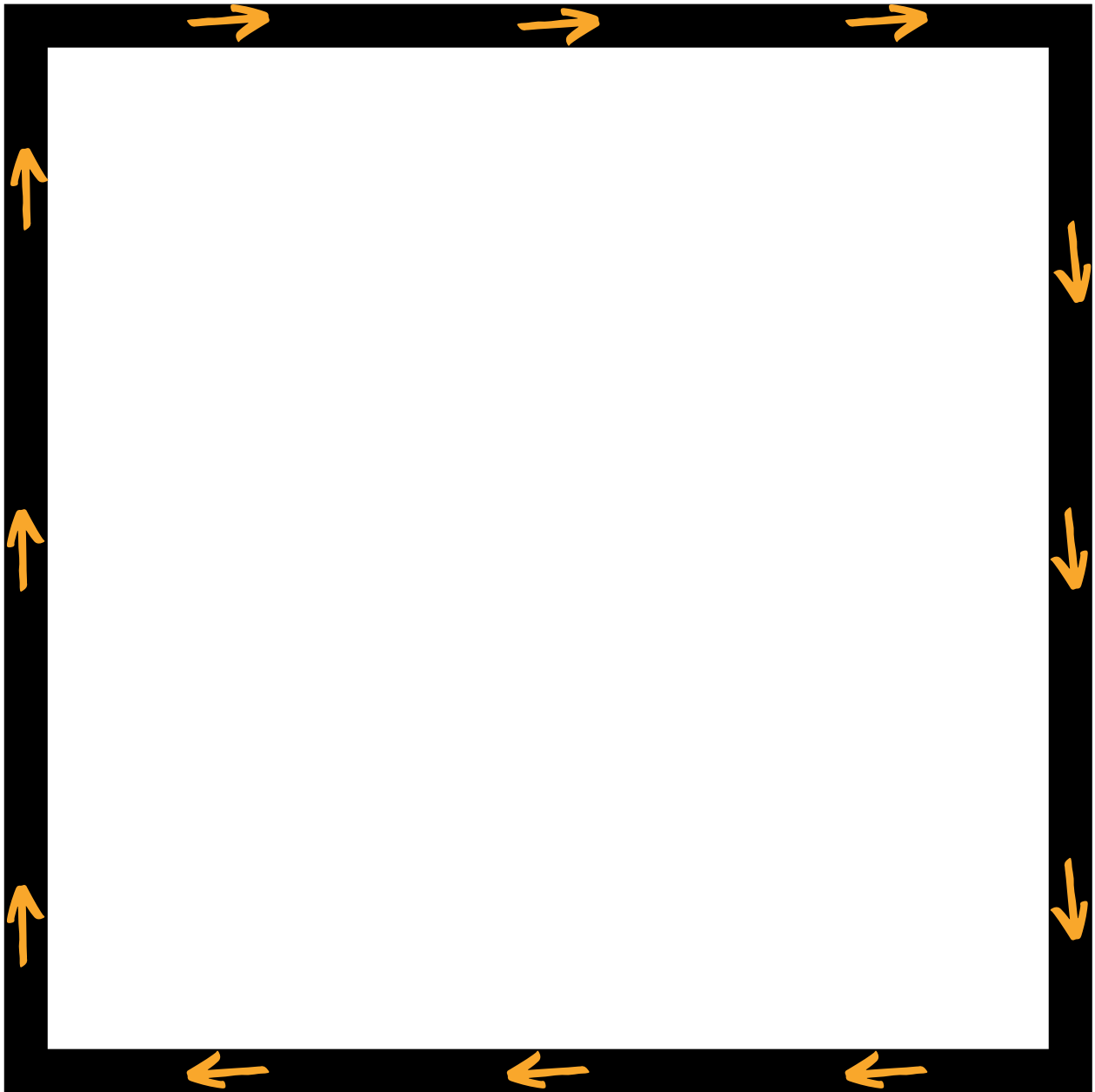


# Box Breathing

Inhale for 4



Inhale for 4

Exhale for 4

Exhale for 4