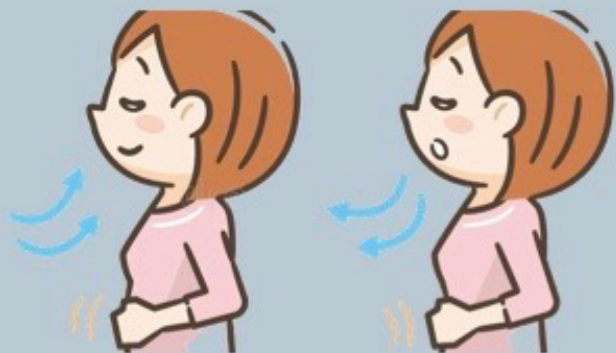


# HOW TO

# Belly Breathe



LAY DOWN OR  
SIT  
COMFORTABLY



CLOSE  
YOUR  
EYES



SLOWLY  
INHALE  
THROUGH  
YOUR NOSE  
COUNT TO 5



FEEL  
YOUR  
DIAPHRAGM  
EXPAND WITH  
AIR AS YOU  
INHALE



EXHALE  
SLOWLY  
THROUGH  
YOUR  
MOUTH



REPEAT  
AT LEAST  
5 TIMES