





# Take a Deep Breath



## Be the Boss of Your Anger

# Breathe To Relax

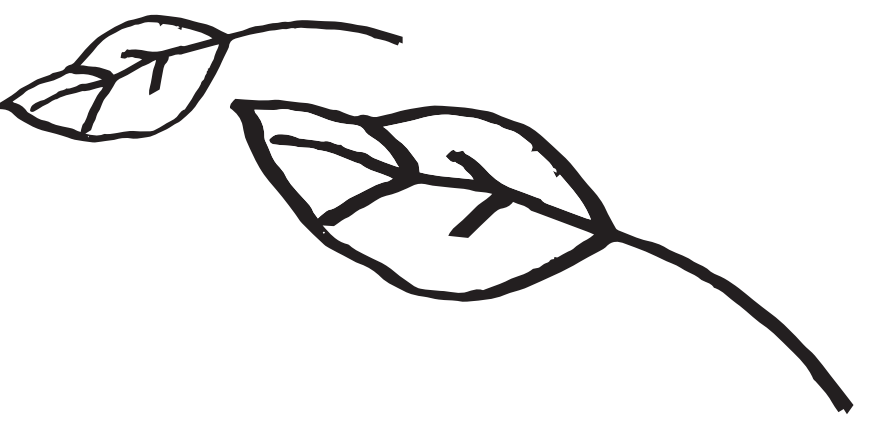




Breathe  
in 2,3,4



Out 2,3,4



# Color Me Calm

