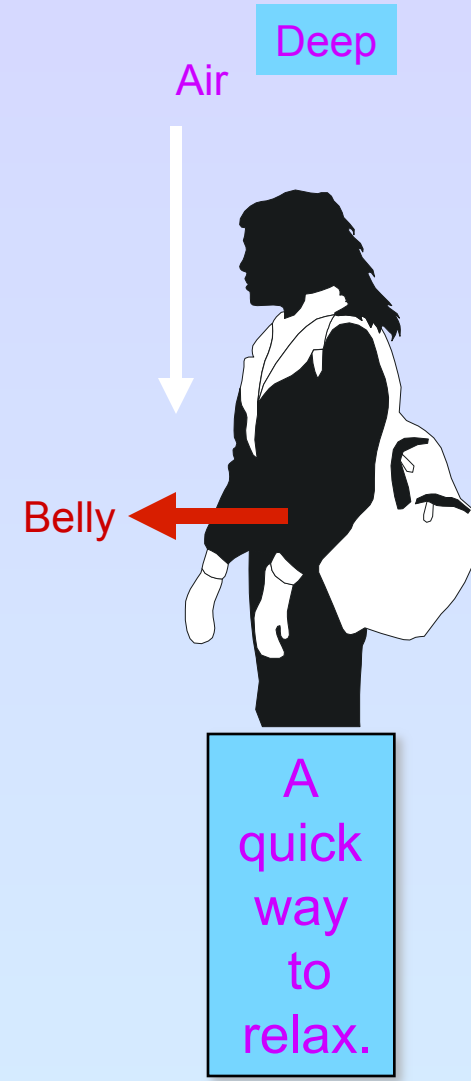
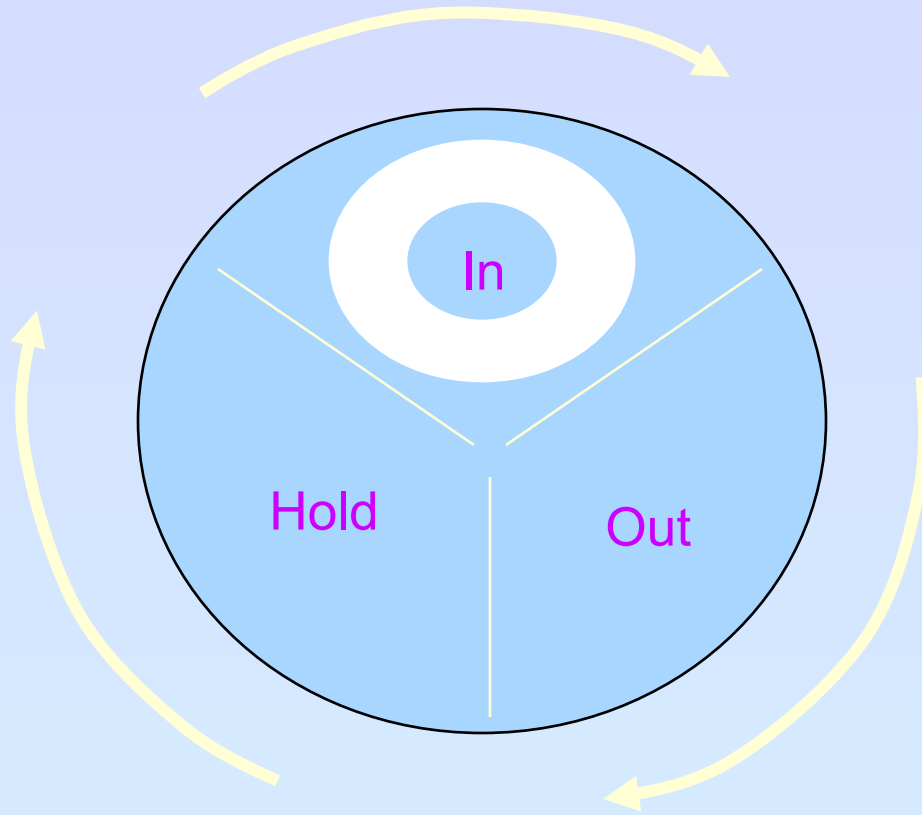
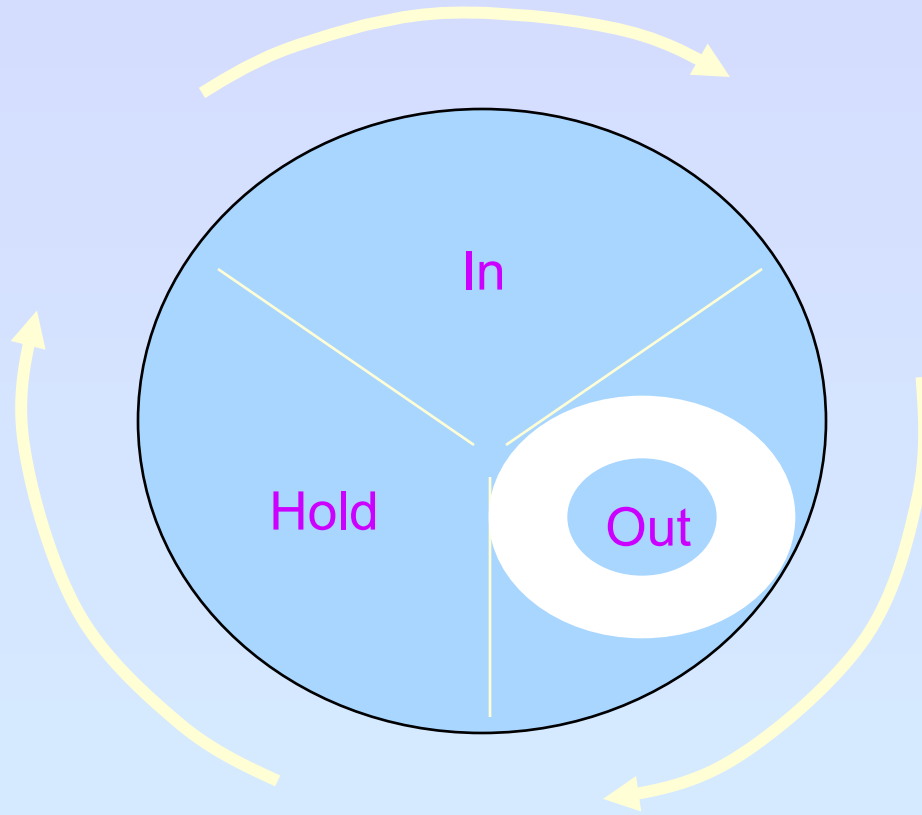


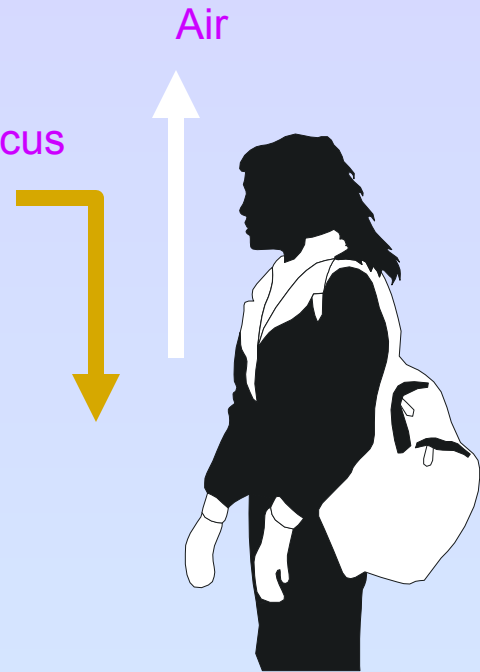
Three phase breathing



Three phase breathing

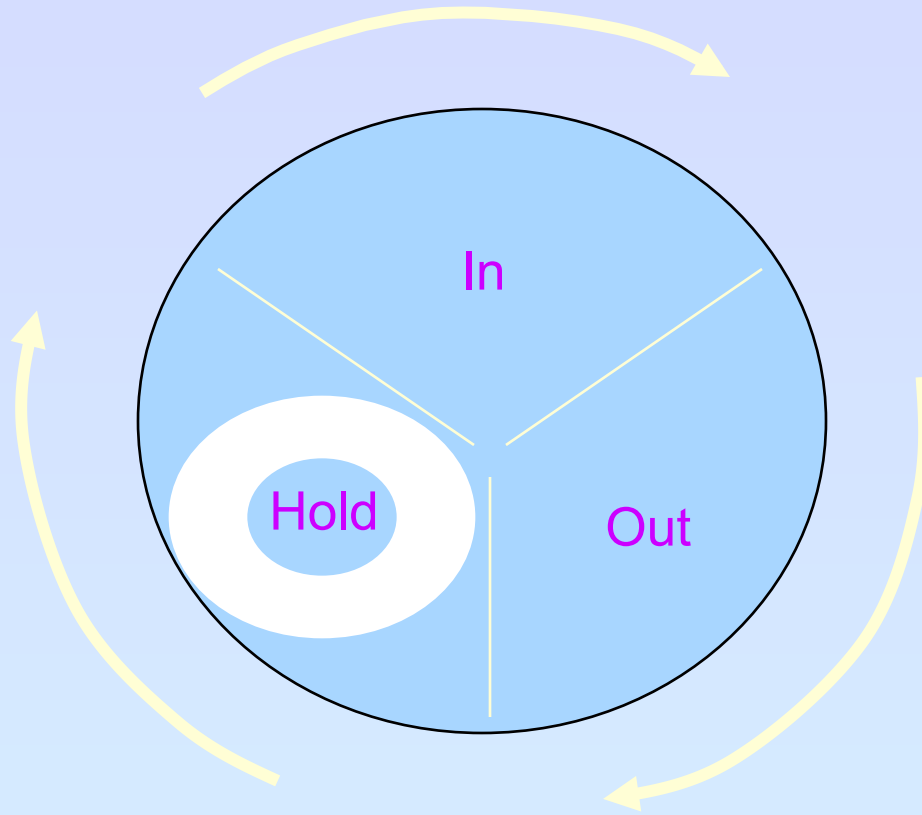


Mind focus



A quick way to relax.

Three phase breathing



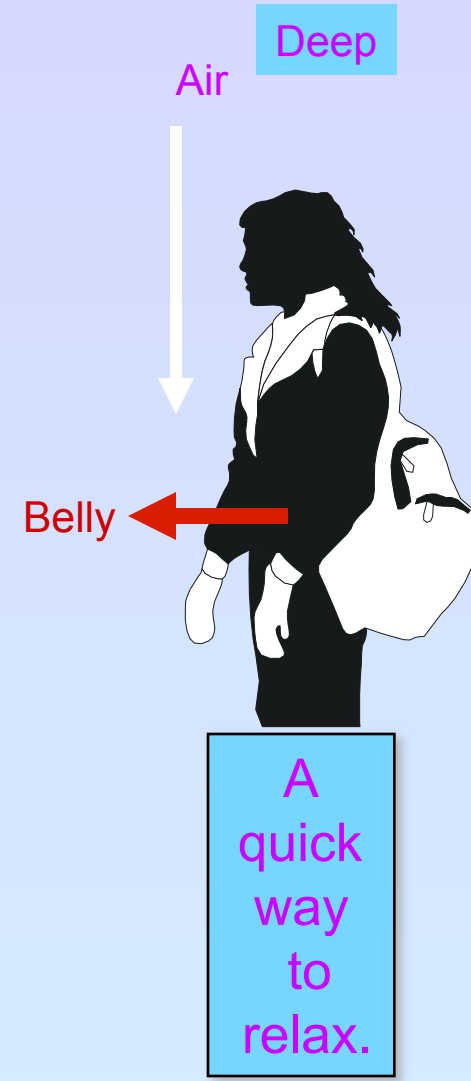
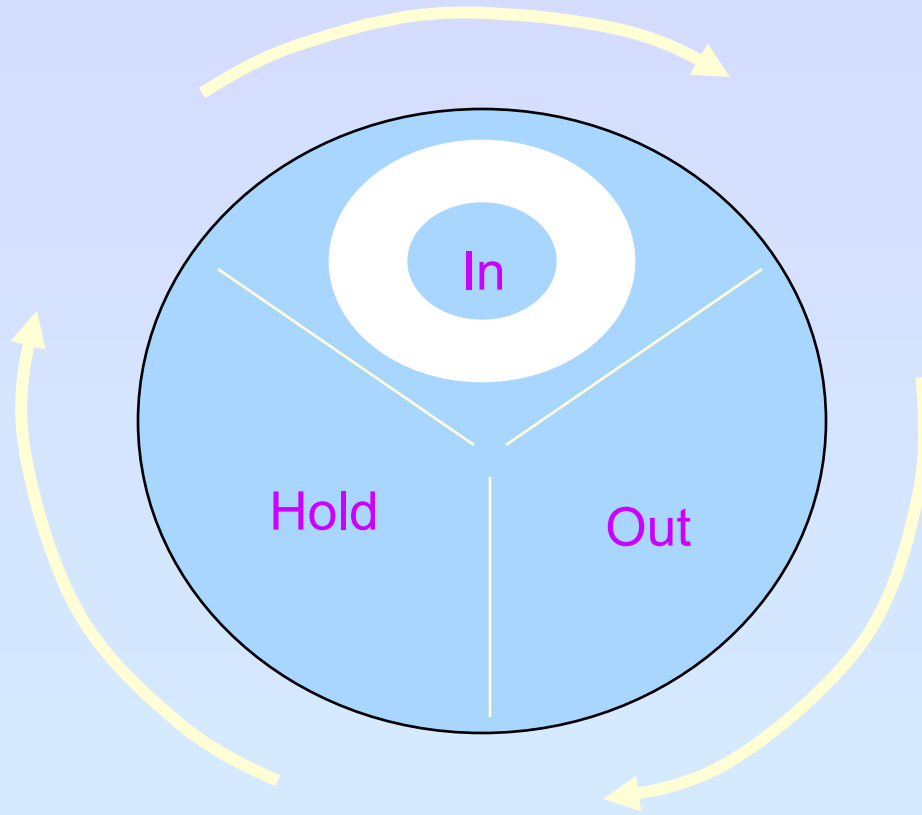
Mind focus



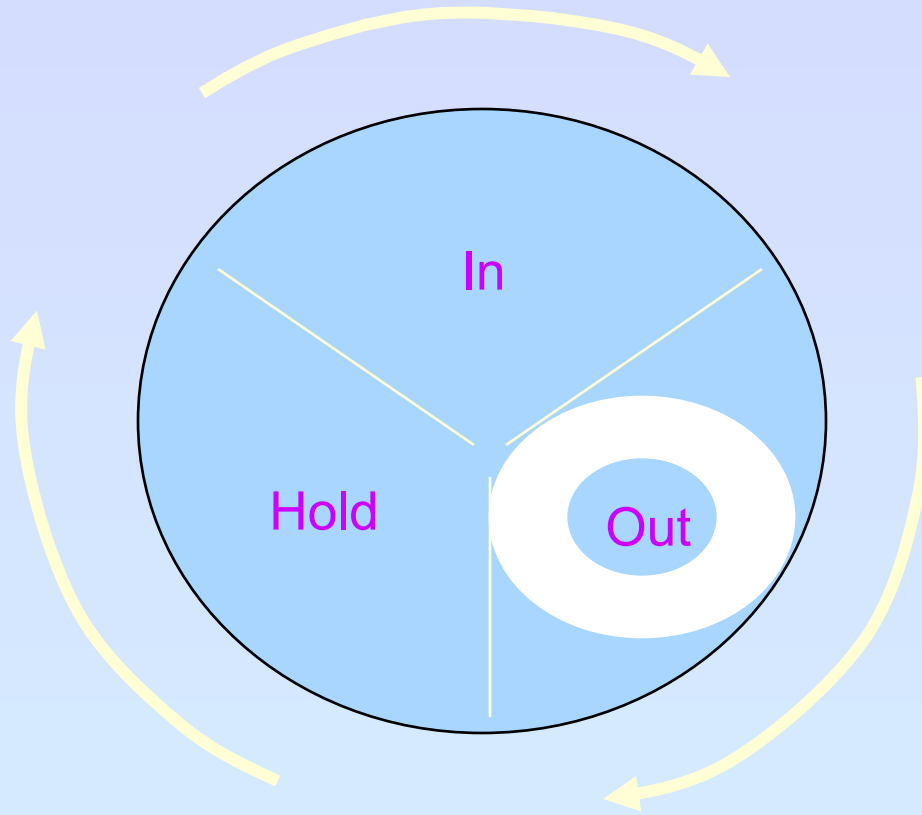
A quick way to relax.

Once more.

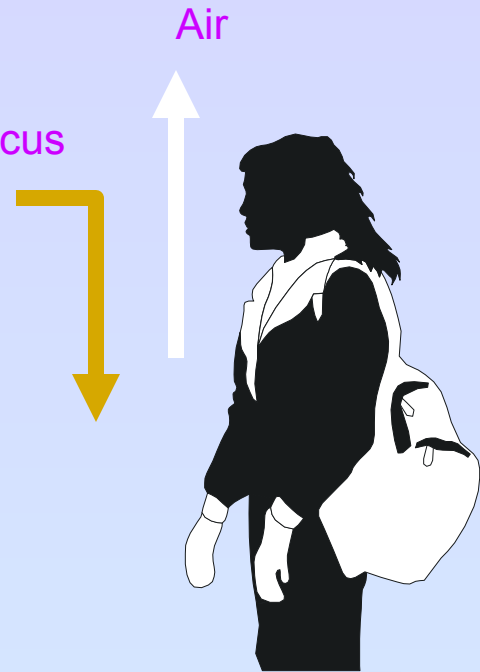
Three phase breathing



Three phase breathing

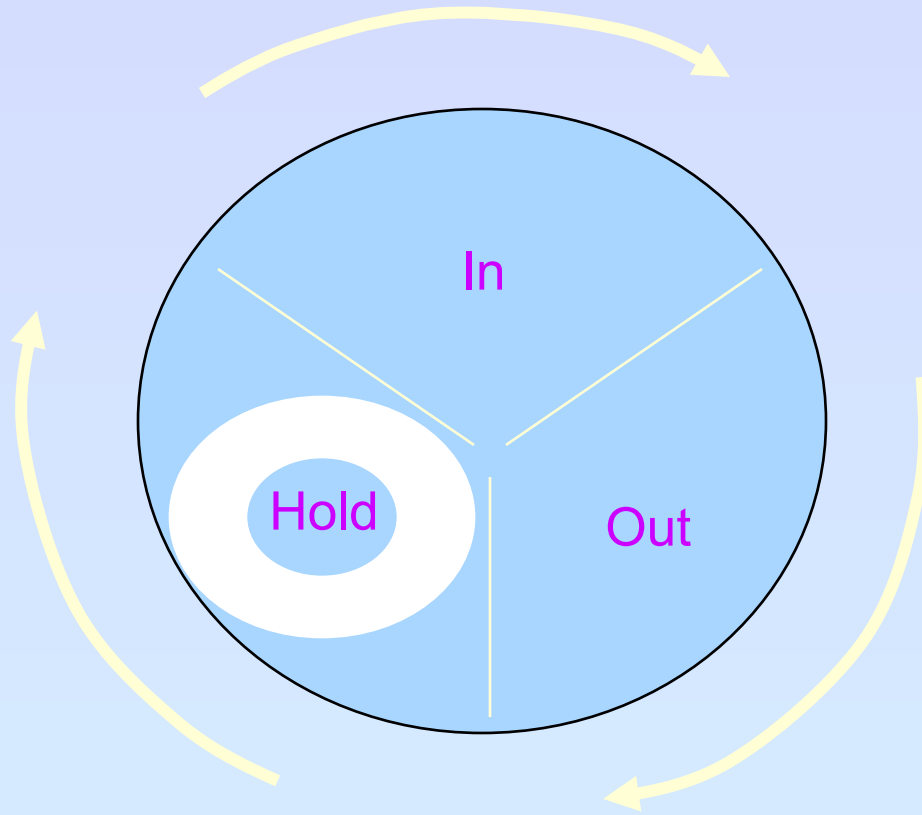


Mind focus

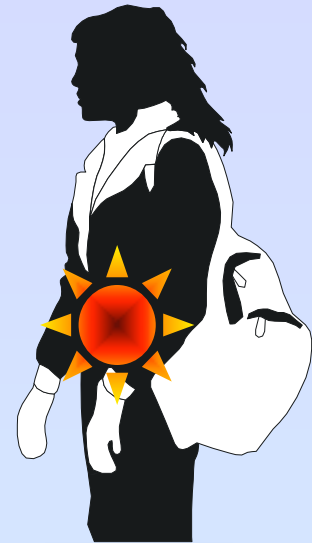


A quick way to relax.

Three phase breathing



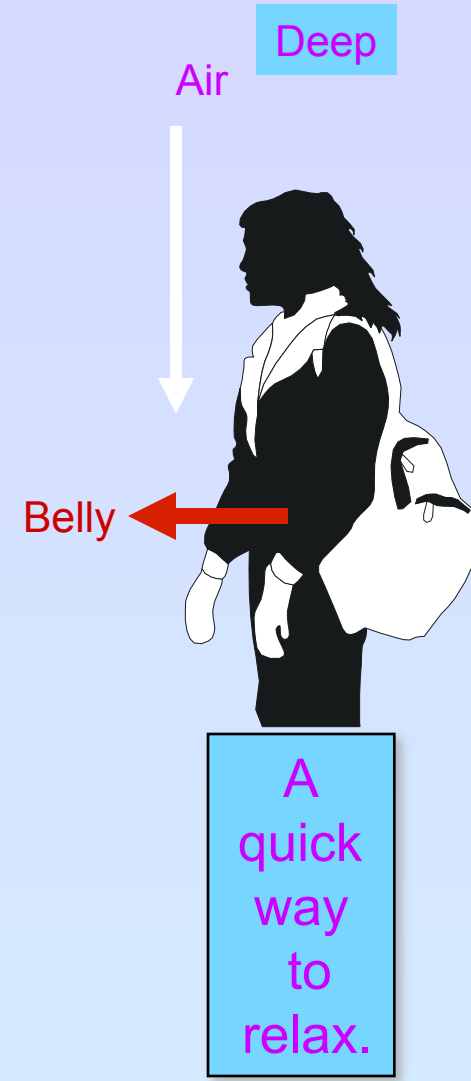
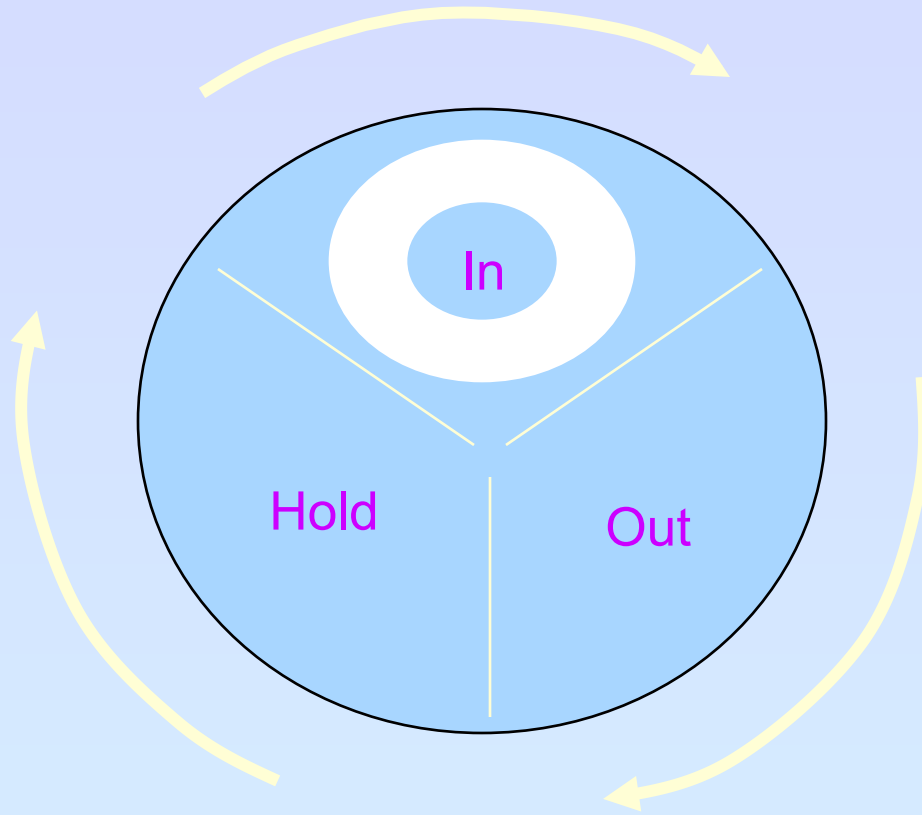
Mind focus



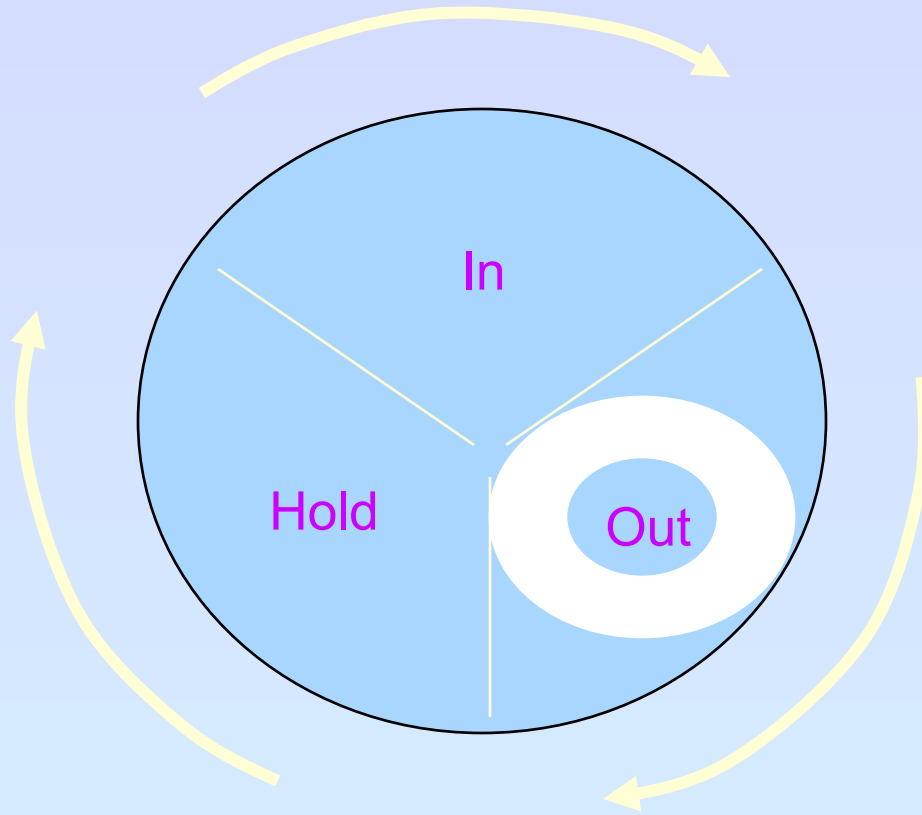
A quick way to relax.

Once more.

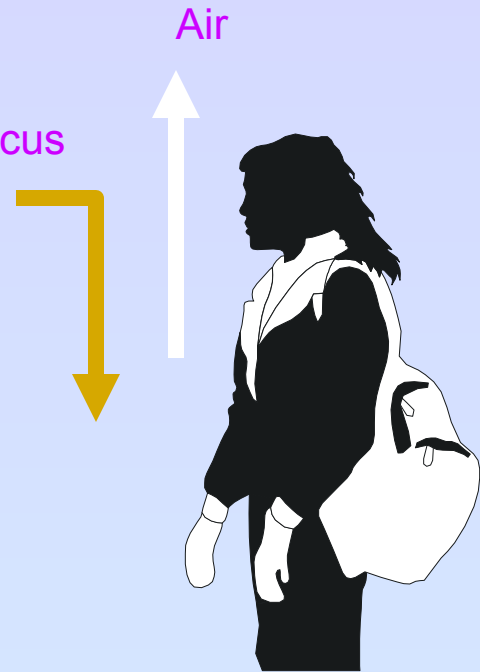
Three phase breathing



Three phase breathing



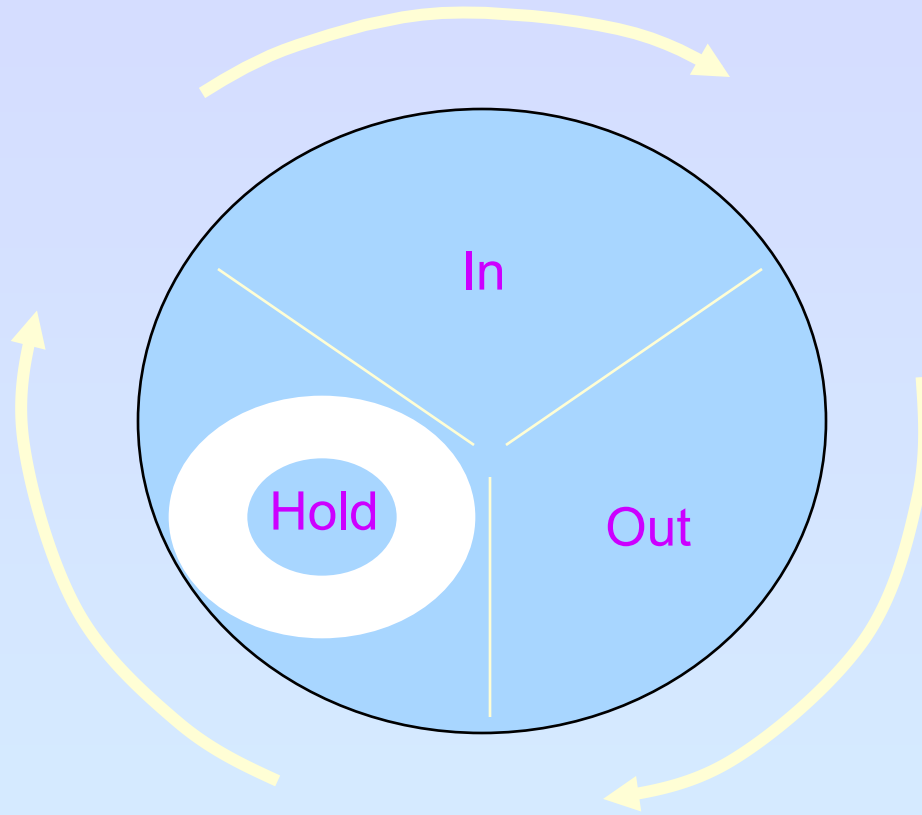
Mind focus



A quick way to relax.

Three phase breathing

Mind focus



A quick way to relax.

Make this cycle second nature.

Close to return to main menu.