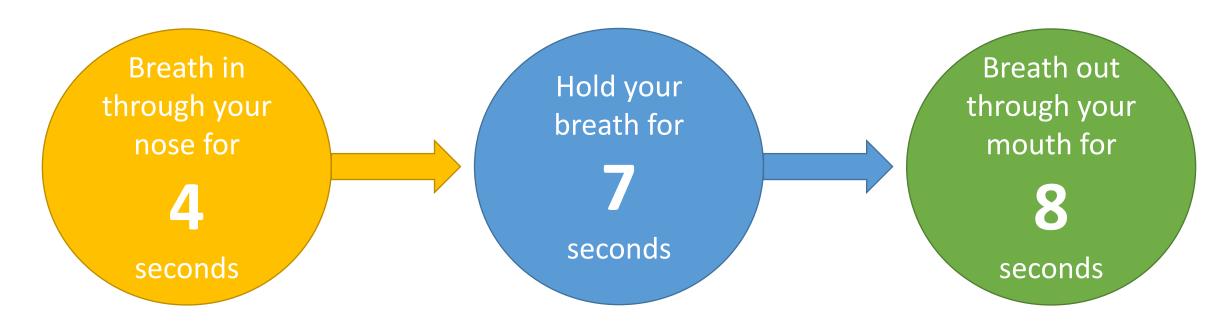
4-7-8 Breathing Exercise (Relaxing Breath)

Start either sitting or lying down in a comfortable position



Repeat cycle 4 times