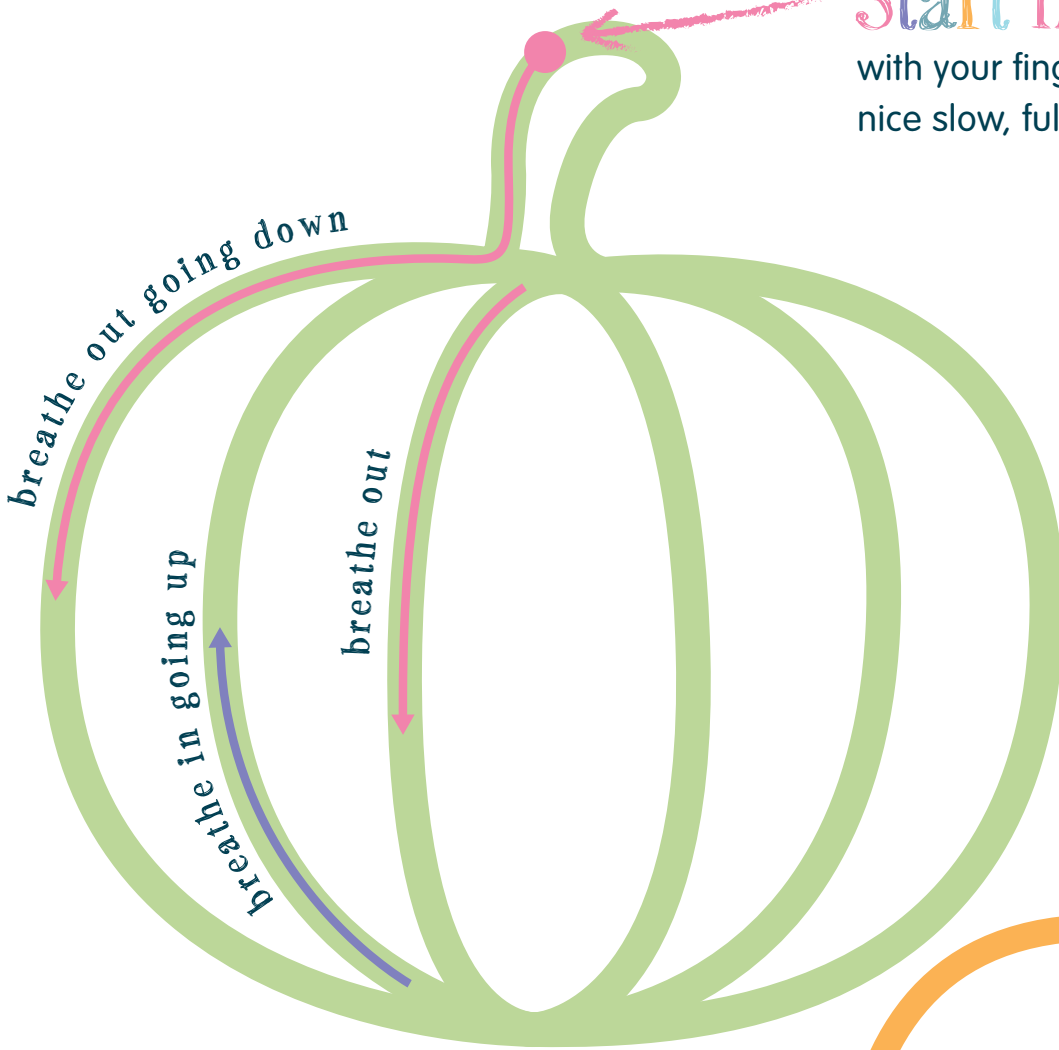


Start here

with your finger take a nice slow, full breath in



Remember
to go
SLOW

How do you feel
after doing
pumpkin/ghost
breathing?

