

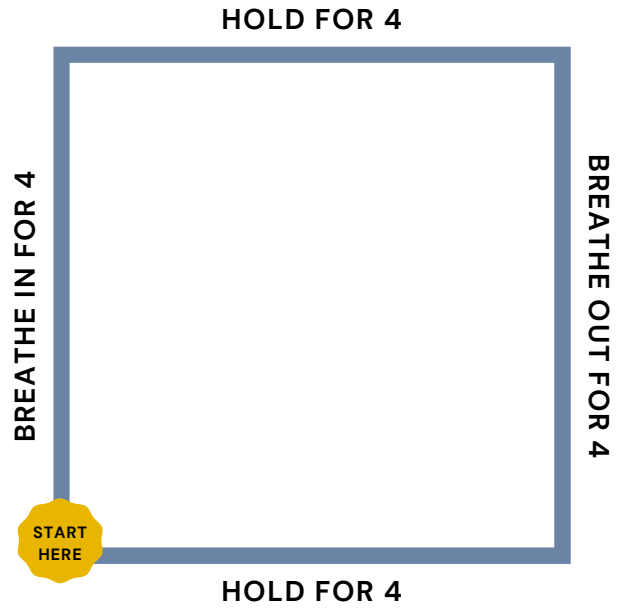
Breathing Toolkit

TRIANGLE BREATHING



Imagine a triangle. Inhale as you ascend one side, hold for 3 counts at the peak, exhale along the bottom. Repeat for calmness.

BOX BREATHING



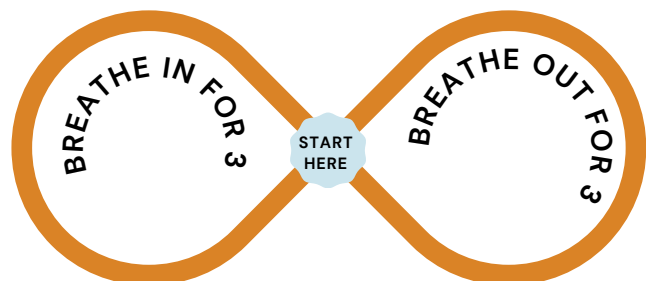
Begin at the bottom left of the square. Inhale as you ascend one side, holding for 4 counts on the second side. Exhale as you descend to the other side. Hold for 4 counts along the bottom. Repeat.

STAR BREATHING



Ascend one side of the star with your inhale, reaching the point. Exhale as you descend the other side. Repeat until you've traced the entire star.

INFINITY BREATHING



Inhale as you trace the left side, exhale as you trace the right side of the figure-eight. Repeat.