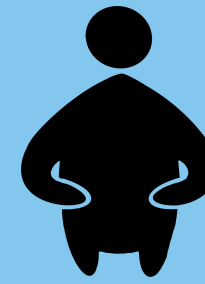




Belly Breathing



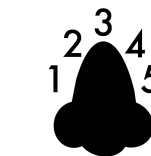
1) Put your hands on your belly.



2) Take a deep breath to fill your belly with air.



3) Hold your breath and count to 5.



4) Slowly blow out all the air.

