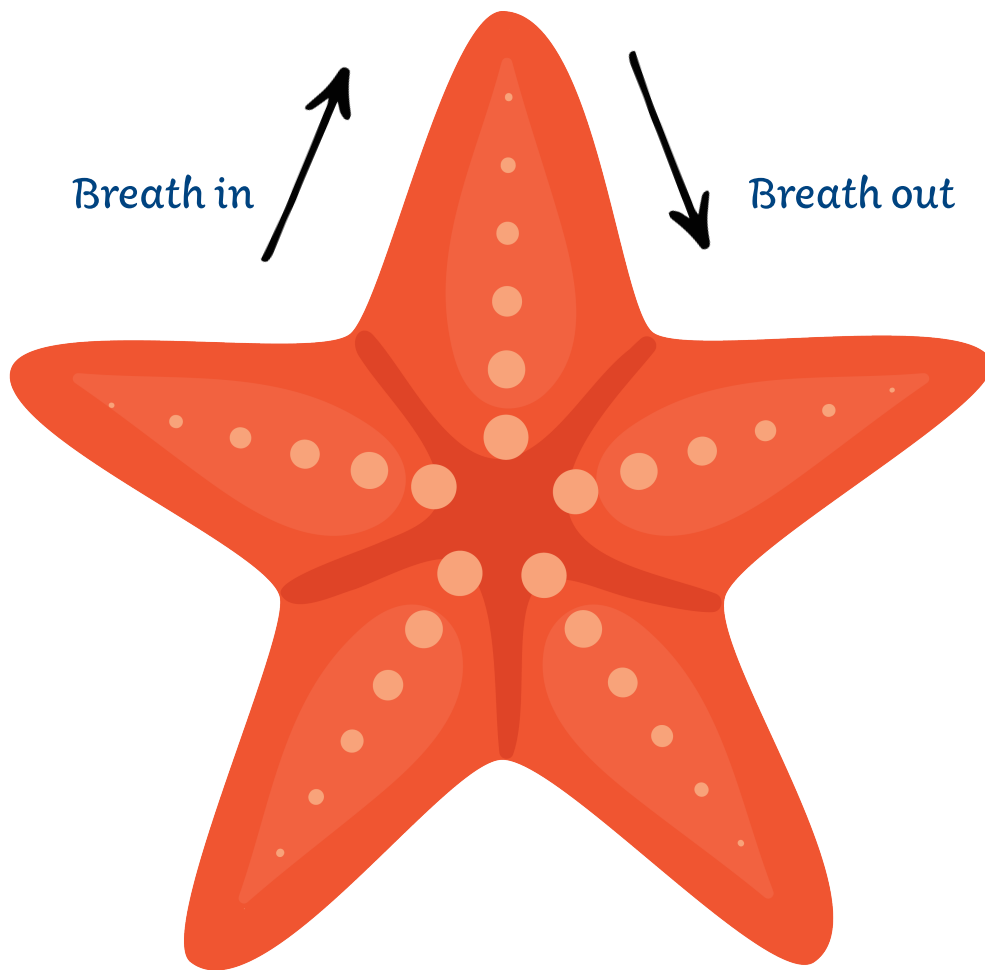




Starfish Breathing



Follow the shape of the Starfish arms, breathing in as you go up and slowly out as you go down.



You can also trace your own fingers, breathing in going up a finger and breathing out going down.



Try and practice going as slow as you can.