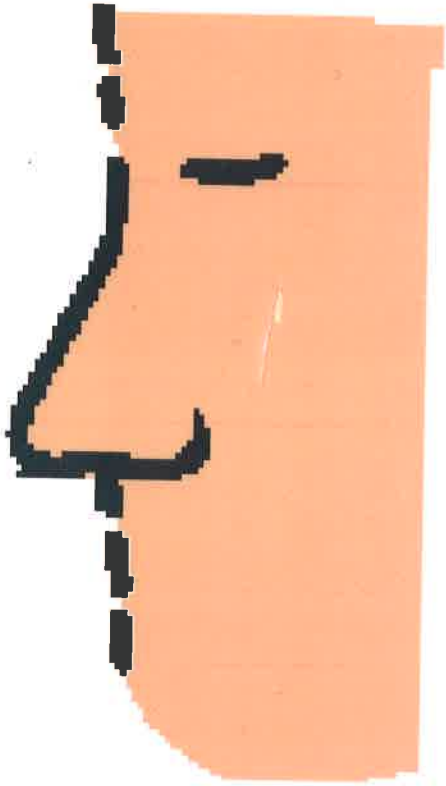
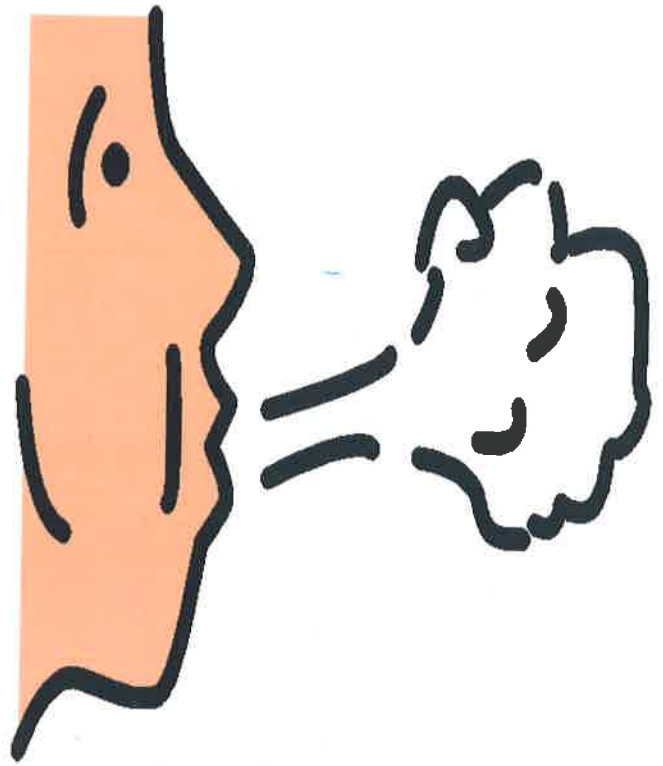


breathe in 1 2 3



breathe out 1 2 3



do it 5 times

1 2 3 4 5