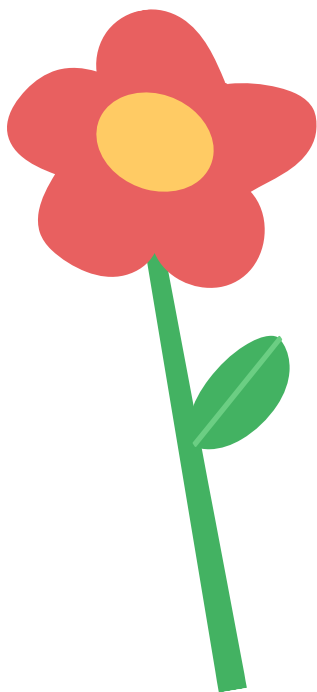


Simple Breathing Technique



Smell the
flower

then



Blow out
the
candles