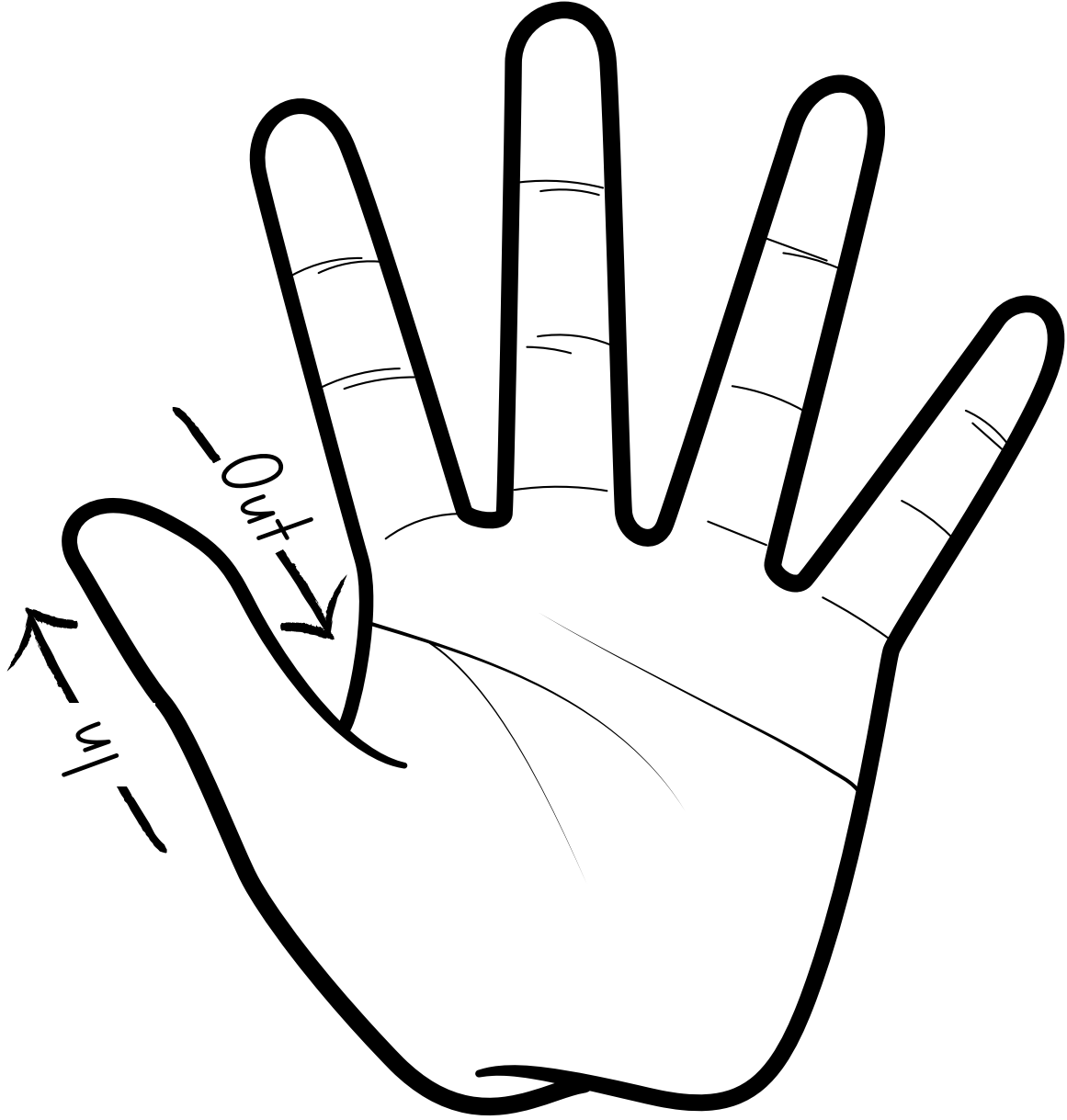


Five Finger Breathing



1. Spread your fingers wide
2. Place a finger at the base of your thumb
3. Breathe IN as you slowly run your finger up your thumb
4. Breathe OUT running your finger down the other side
5. Repeat for all five fingers
6. Shake your fingers out and repeat if needed