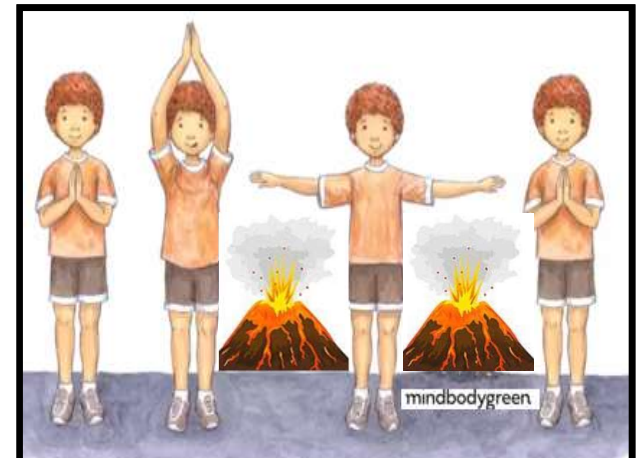


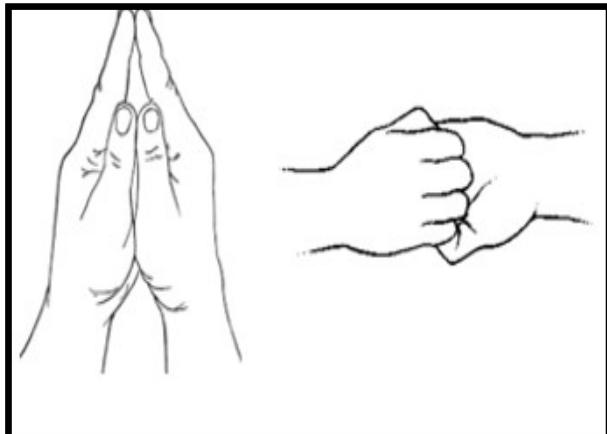
**Square breathing**



**Soldier/ Noodle**



**Volcano Breathing**



**Push-Pull**

When I take a deep breath,



I smell a flower,



Then blow out a candle.

**Candle/Flower**



**Starfish Breathing**