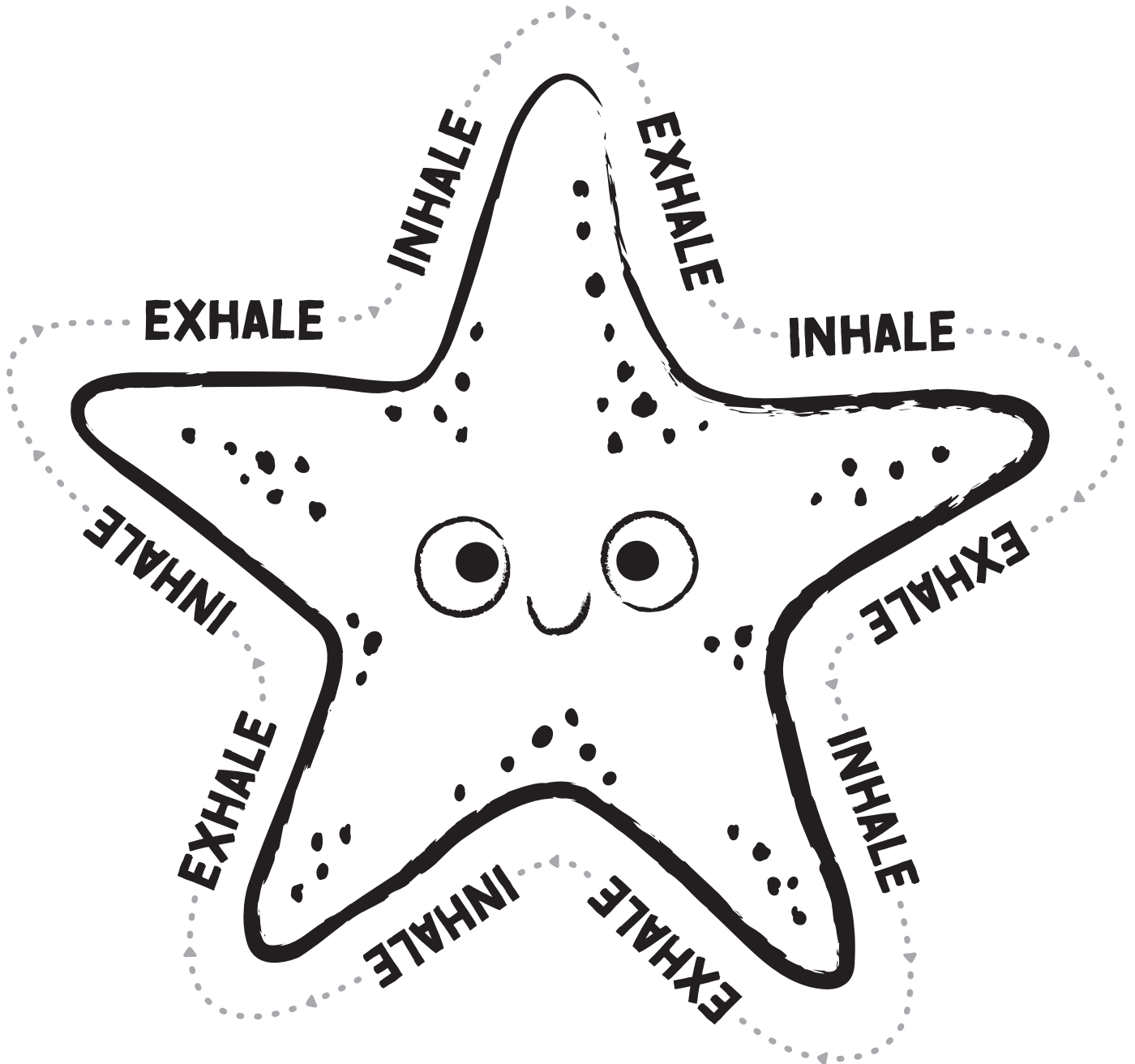


STARFISH BREATHING



Start by placing your finger on an 'inhale' and breathe in.

Then trace your finger around the starfish, holding your breath when you get to each point, and then breathing out on every 'exhale' and in on every 'inhale'.