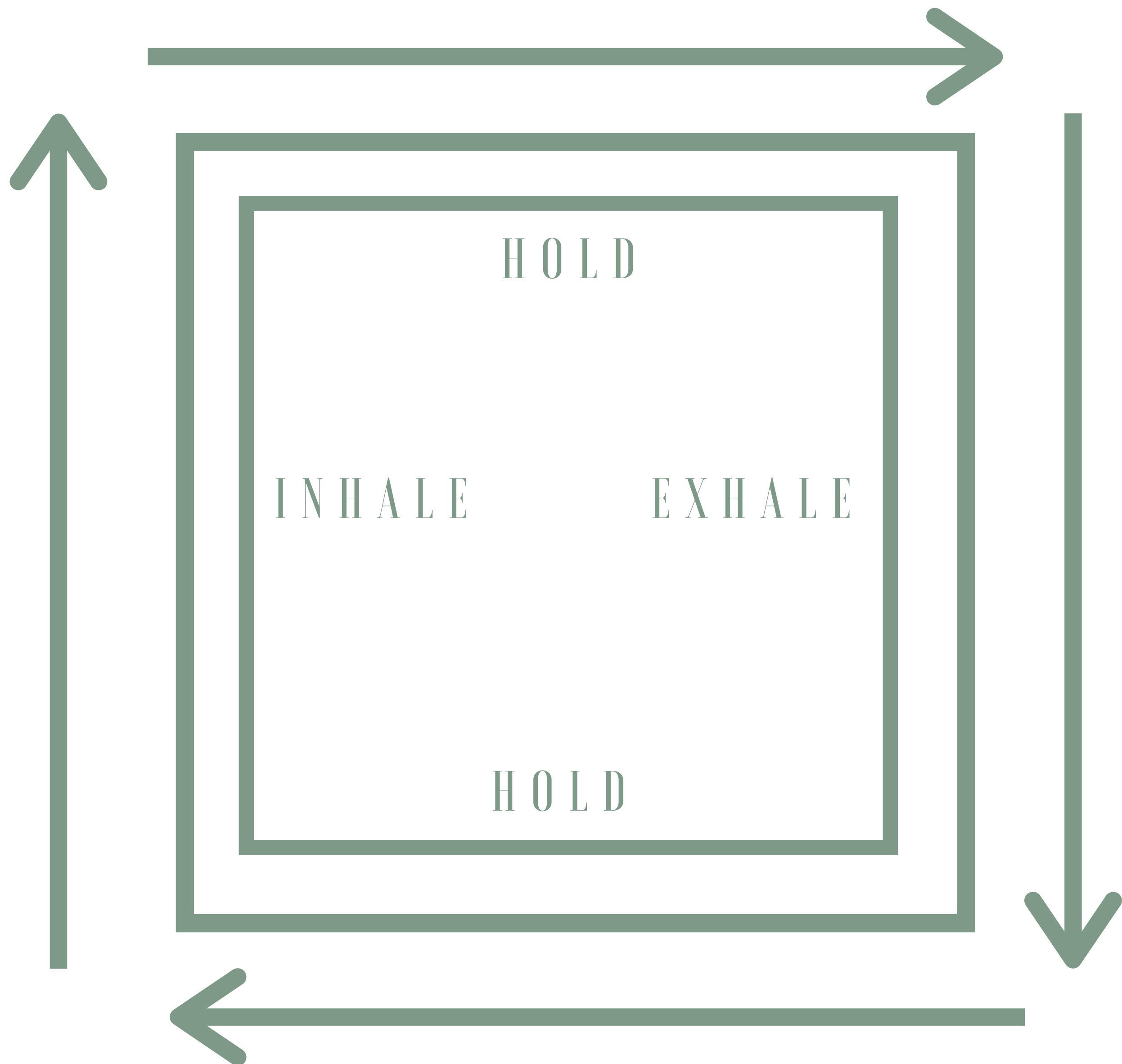


# BOX BREATHING

www.maddirundle.com



Inhale for a count of 4.

Hold for a count of 4.

Exhale for a count of 4.

Hold for a count of 4.

Let your breath focus your mind  
and ease your stress