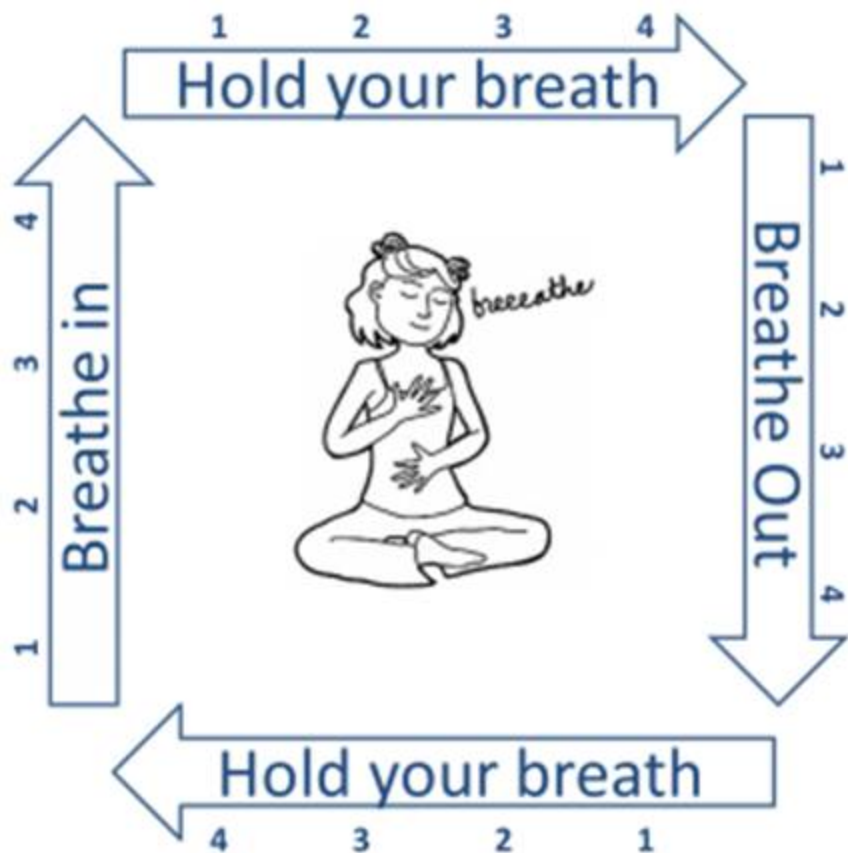


# Square Breathing



- Find an object around you that is square (rectangular shapes work too).
- Look at the top left corner of the object, and as your eyes travel along the top to the top right of the object breathe in for 4 counts.
- Follow the right side of the square with your eyes, breathing out for 4 counts.
- Follow the bottom of the square with your eyes, holding your breath for 4 counts.
- Follow the left side of square with your eyes, breath in for 4 counts.



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