



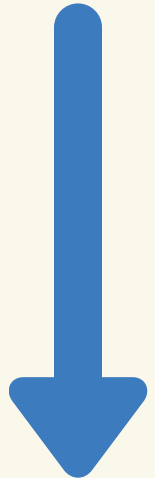
Breathe in through your nose



Hold for 5 seconds



Hold for 5 seconds



Breathe out through your mouth

