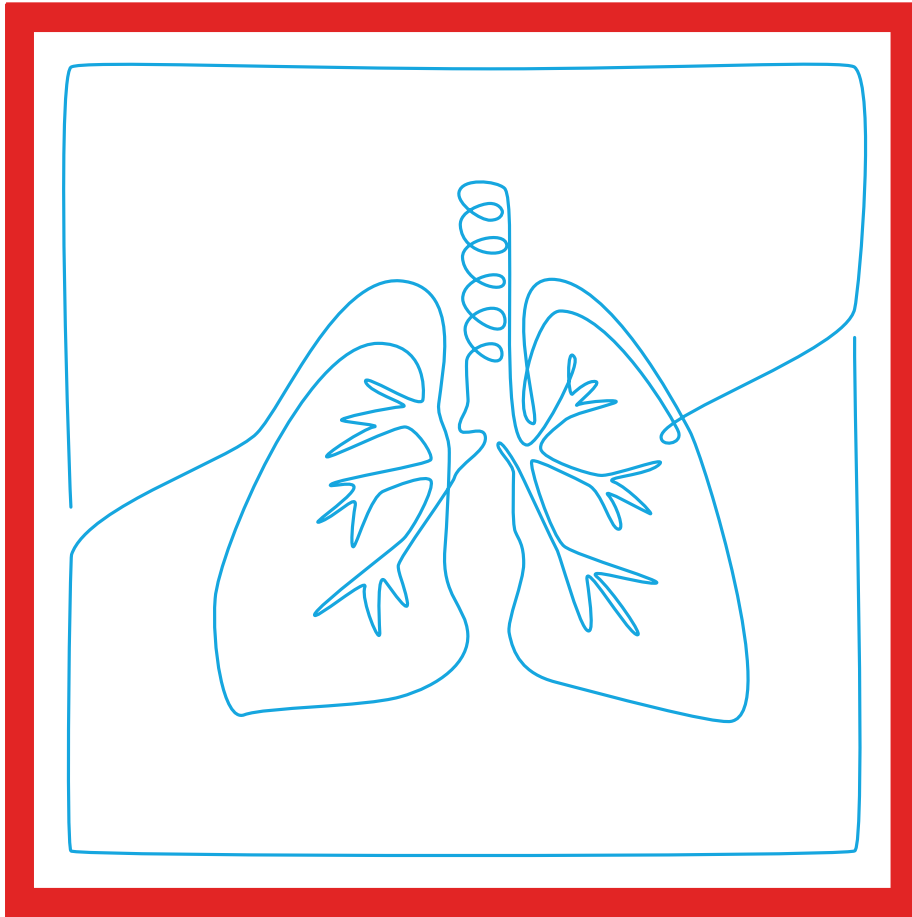


SQUARE BREATHING EXERCISE

Start Here

BREATHE IN
1 . . . 2 . . . 3 . . . 4

HOLD
1 . . . 2 . . . 3 . . . 4



HOLD
1 . . . 2 . . . 3 . . . 4

BREATHE OUT
1 . . . 2 . . . 3 . . . 4

SCOTTISH RITE

