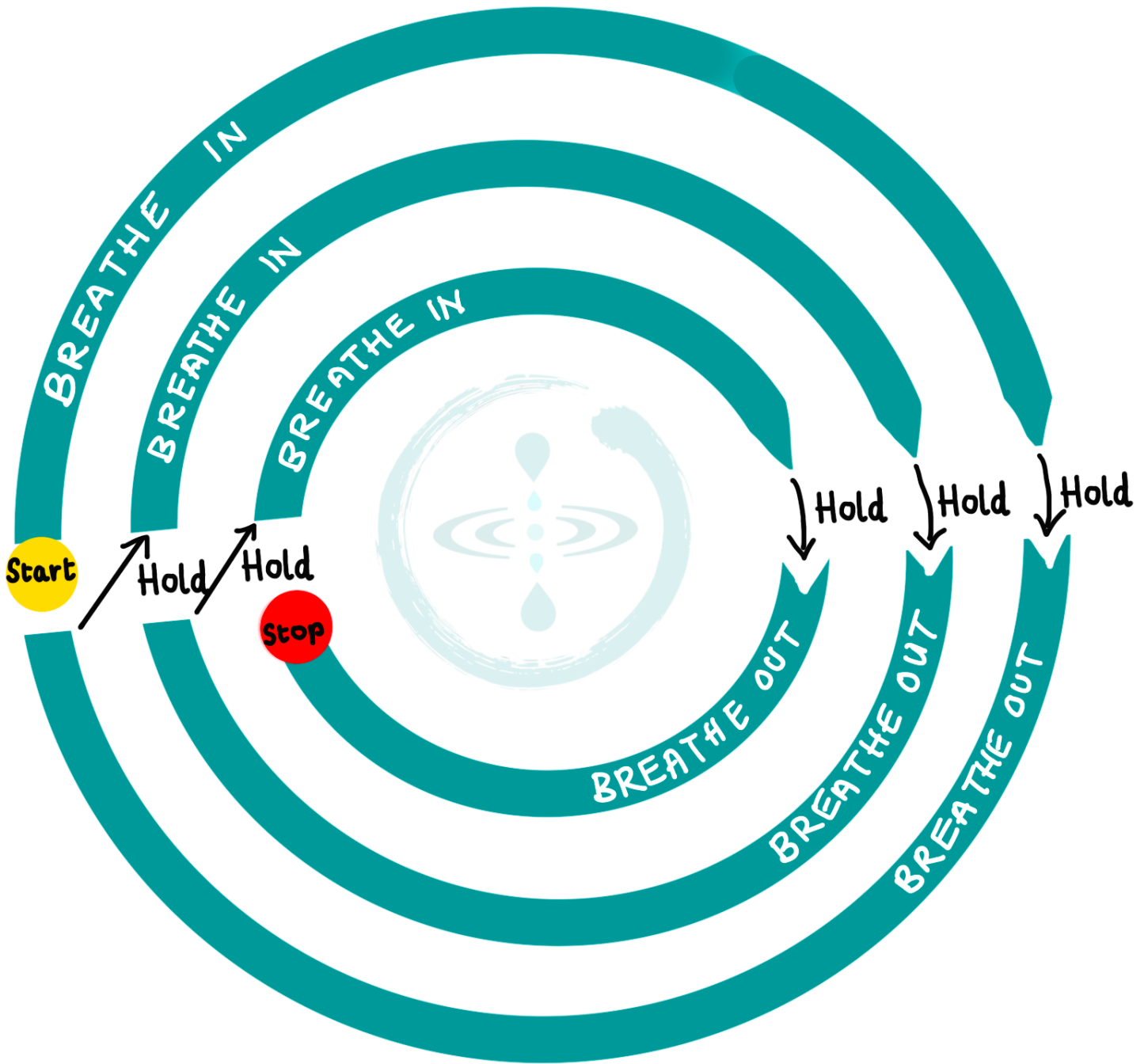


# Ripple Breathing



START AT THE YELLOW DOT, AND TRACE YOUR FINGER FOLLOWING THE PROMPTS AND ARROWS AS YOU MOVE ALONG.