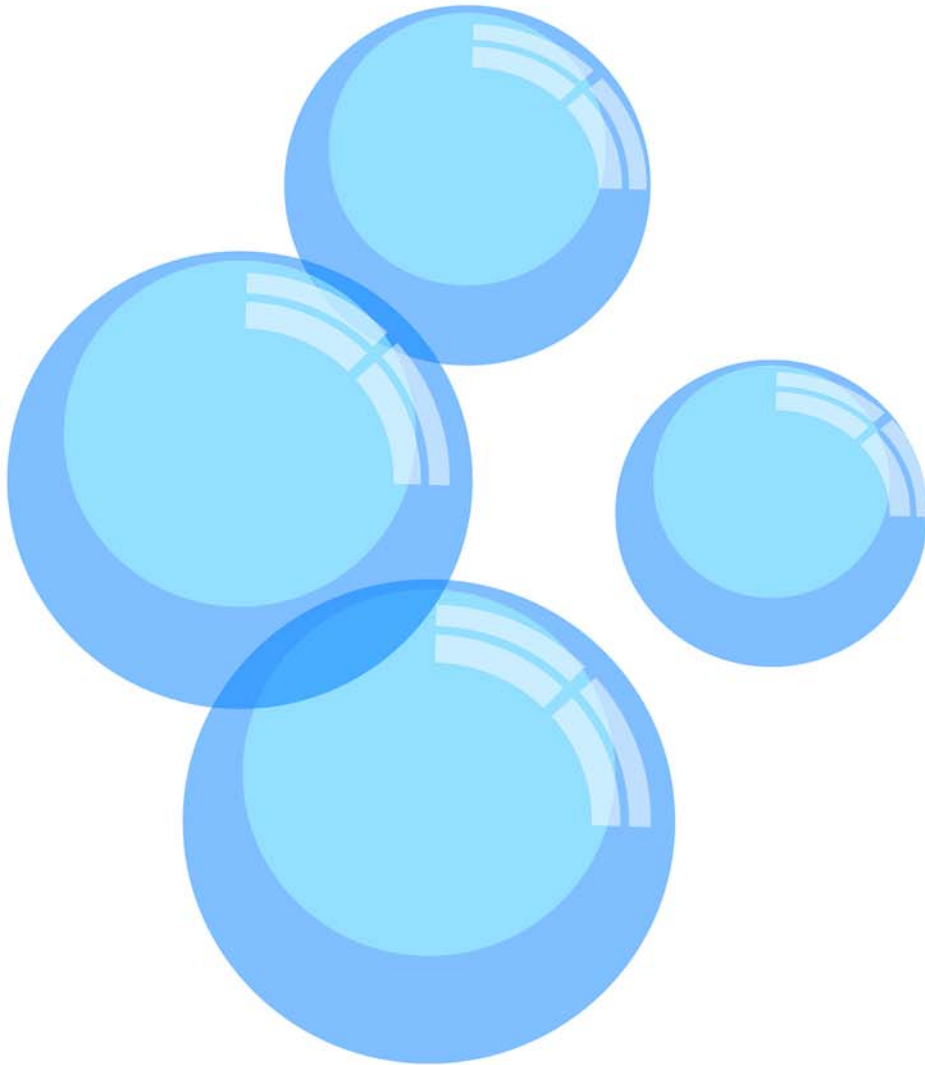


Bubble Breathing



- Close your eyes and pretend that you are blowing bubbles through a wand.
- Just as you would with a regular bubble wand, simply inhale deeply through your nose before letting out a nice, slow breath to get your bubbles as big as possible.