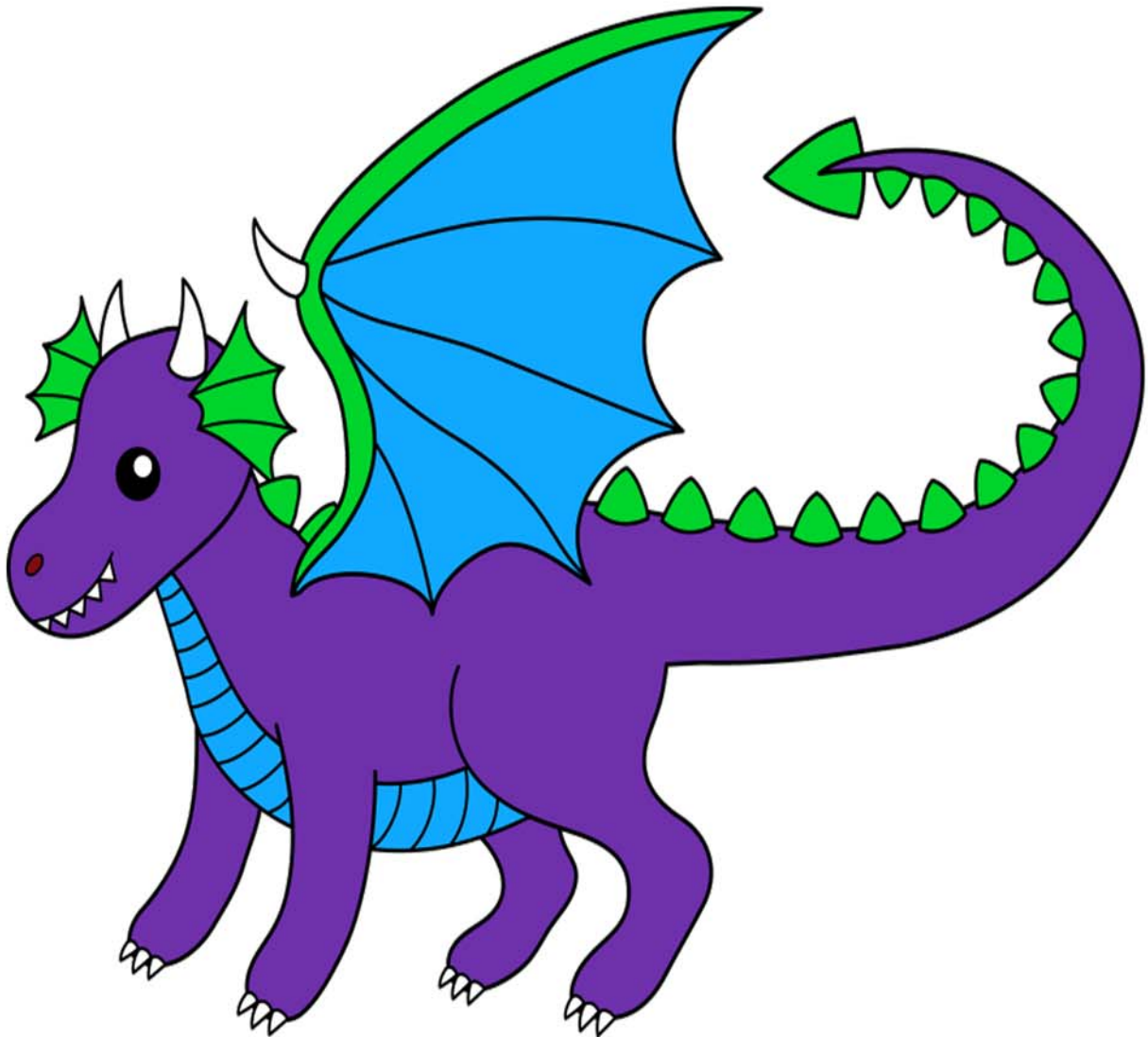


Dragon Breathing



- Close your eyes and slowly inhale through your nose for 4 seconds.
- Hold for 3 seconds.
- Pretend to breathe fire out of your mouth as you exhale a huge roar for 6 seconds!