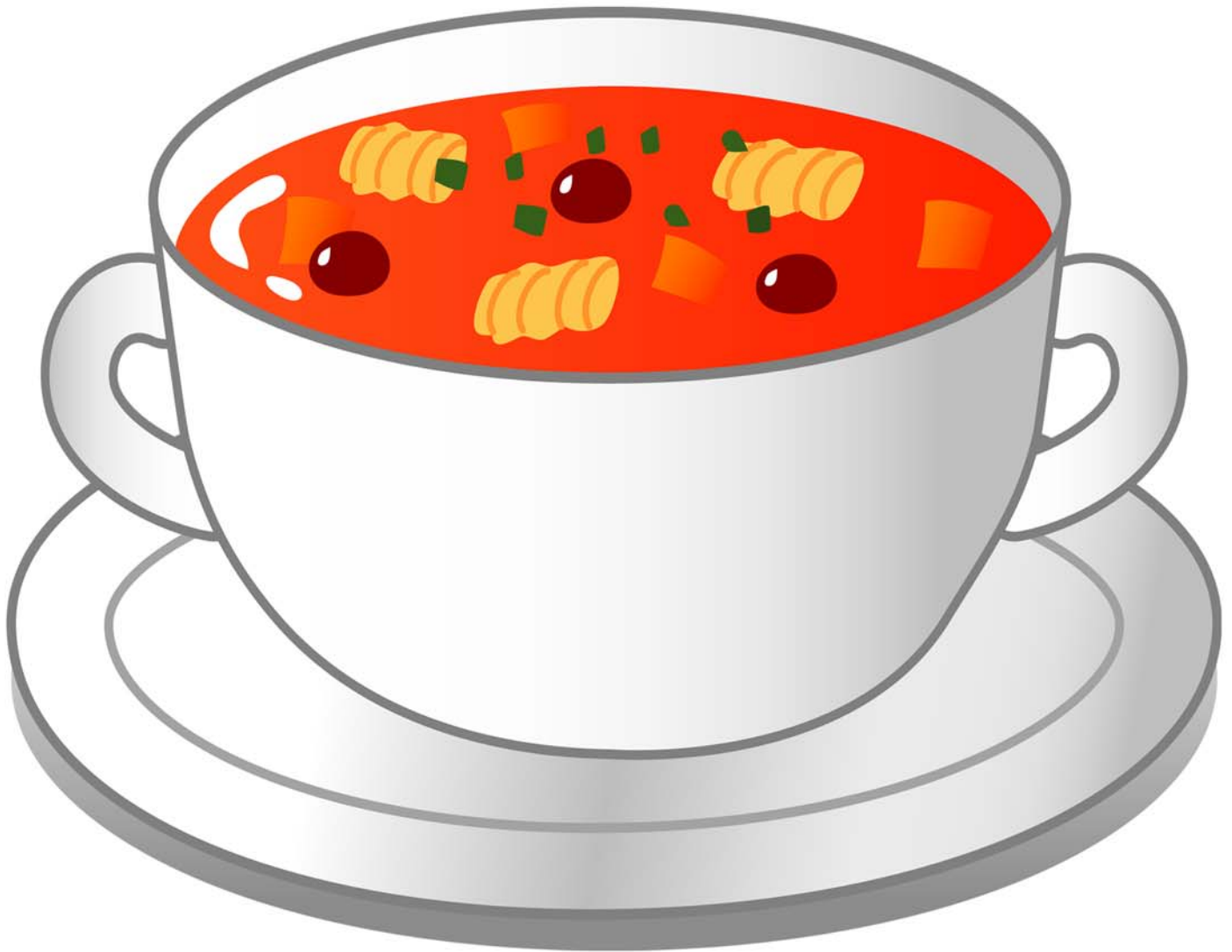


Soup Breathing



- Imagine you are holding a bowl of hot soup in your hands.
- Slowly breathe in through your nose to smell the delicious soup.
- Slowly breathe out through your nose to cool down the hot soup.
- Repeat as many times as necessary.