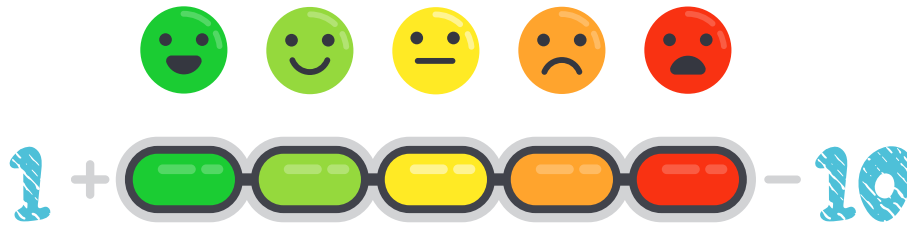


4-7-8 Breathing


Chart for Lesson 1.4



Intensity Check in 1-10



Inhale 

Hold 

Exhale 



Repeat 4 times



Intensity Check out 1-10



4-7-8 Breathing



STEP 1 Intensity Check in 1-10

STEP 2 Inhale

Hold

Exhale

STEP 3 Repeat 4 times

STEP 4 Intensity Check out 1-10



4-7-8 Breathing



STEP 1 Intensity Check in 1-10

STEP 2 Inhale

Hold

Exhale

STEP 3 Repeat 4 times

STEP 4 Intensity Check out 1-10



4-7-8 Breathing



STEP 1 Intensity Check in 1-10

STEP 2 Inhale

Hold

Exhale

STEP 3 Repeat 4 times

STEP 4 Intensity Check out 1-10



4-7-8 Breathing



STEP 1 Intensity Check in 1-10

STEP 2 Inhale

Hold

Exhale

STEP 3 Repeat 4 times

STEP 4 Intensity Check out 1-10

