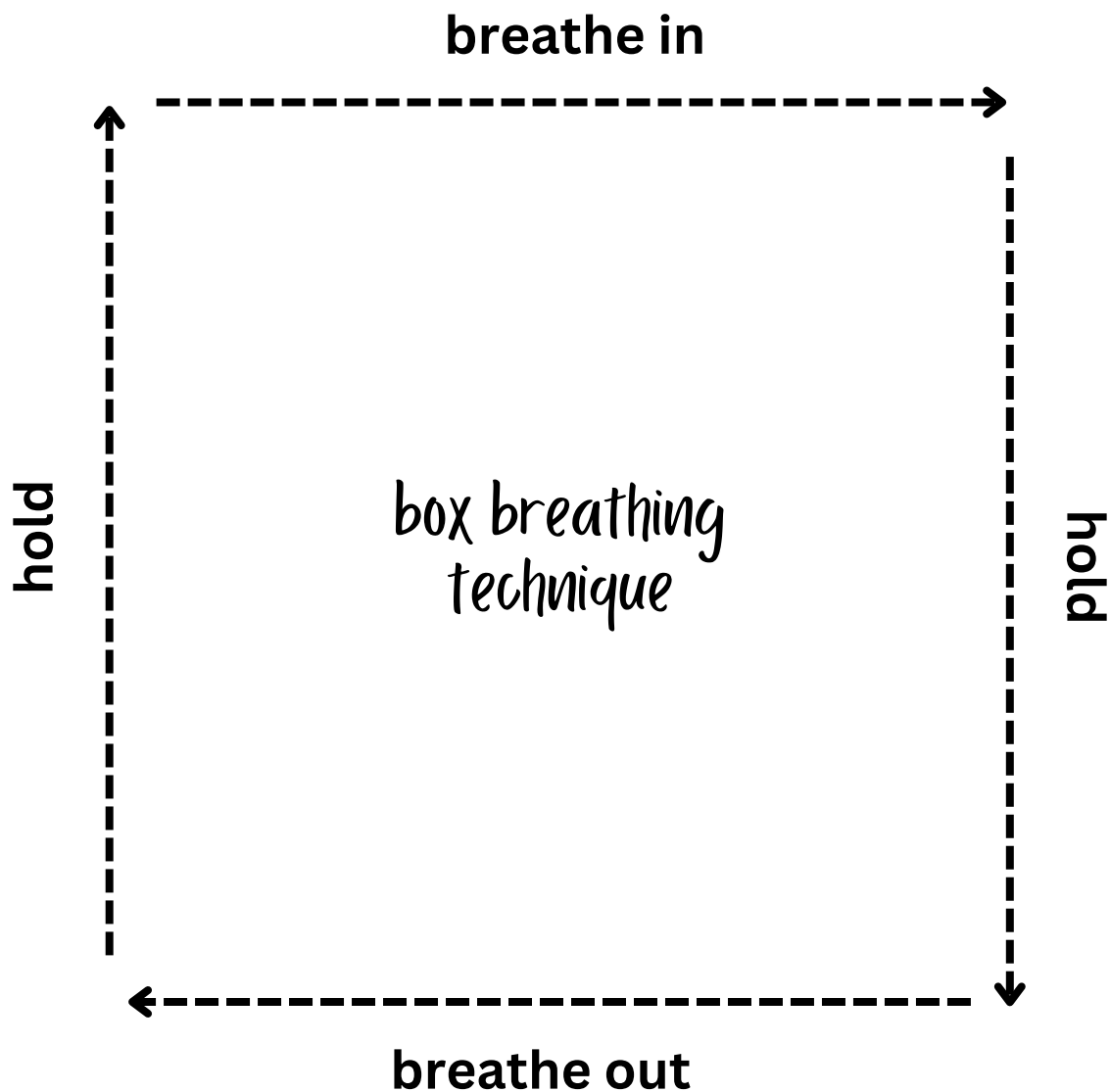


Fuel your appetite for change



Instructions

Simply find a comfortable place to sit or lie down. Begin by breathing in for 4 seconds, holding that breath for 4 seconds, exhaling for 4 seconds and then holding for 4 seconds.

Repeat and slowly increase your time spent across the four breathing stages. 4-4-4-4 to 5-5-5-5 and so on.