

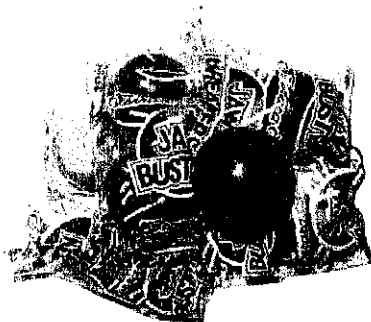
Breathe In
Squeeze Lemons
Breathe Out
Relax
Repeat



Breathe In
Stretch Like A Cat
Breathe Out
Relax
Repeat



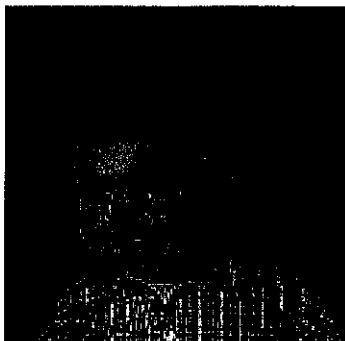
Breathe In
Hide Your Head
Breathe Out
Relax
Repeat



Breathe In
Bite Hard
Breathe Out
Relax
Repeat



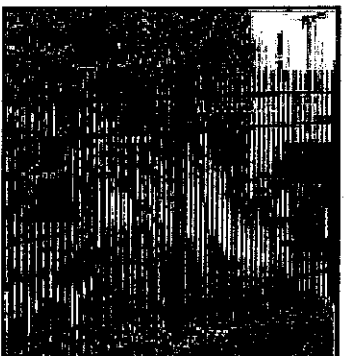
Breathe In
Make Hard Spaghetti Out Of Your Whole Body
Breathe Out
Relax
Repeat



Breathe In
Wrinkle Your Nose
Breathe Out
Relax
Repeat



Breathe In
An Elephant's Gonna Step On Your Stomach
Breathe Out
Relax
Repeat



Breathe In
Be Skinny To Go Through Fence
Breathe Out
Relax
Repeat



Breathe In
Squish Your Toes
Breathe Out
Relax
Repeat



Breathe In
Make Limp Spaghetti Out Of Your Whole Body
Breathe Out
Relax
Repeat