

Breathe by Number: A Meditation

Focus on each illustrated number. Breathe in, breathe out. Then move onto the next number. Repeat.



Breathe in slowly

through your nose
down into your belly

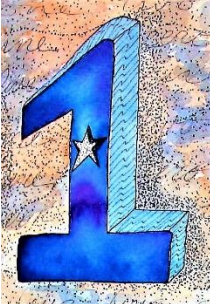
Breathe out slowly

blow it out through
your lips



Breathe in

Breathe out



Breathe in

Breathe out



Breathe in

Breathe out



Breathe in

Breathe out



Breathe in

Breathe out



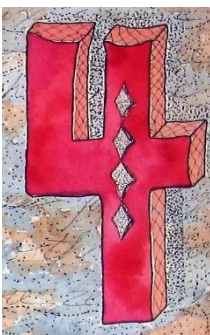
Breathe in

Breathe out



Breathe in

Breathe out



Breathe in

Breathe out



Breathe in

Breathe out

Finish up now, do another round
or add another meditation

