

## 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**



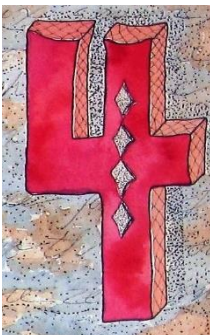
**Breathe in**

**Breathe out**



**Breathe in**

**Breathe out**



**Breathe in**

**Breathe out**



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



**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

