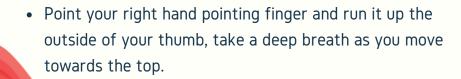
Starfish Breaths

because how you feel matters

• Spread your left hand's fingers out so it looks like a starfish.



- Think about where your finger is on your thumb and how it feels.
 - Once you've reached the top, run down the other side and breath out as you do, letting all your breath go by time you get to the bottom.
- Continue on for each finger and then switch hands.

• By the end of it you'll feel relaxed.

because how you feel matters

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