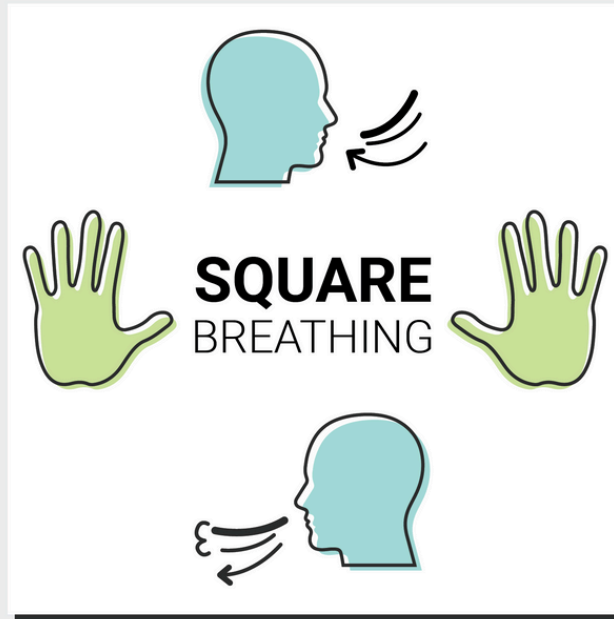


Breathe **in** for **4** seconds.

1 2 3 4

Hold for  
**4**  
seconds.

1  
2  
3  
4



Hold for  
**4**  
seconds.

1  
2  
3  
4

Breathe **out** for **4** seconds.

1 2 3 4



JOHNS HOPKINS  
MEDICINE