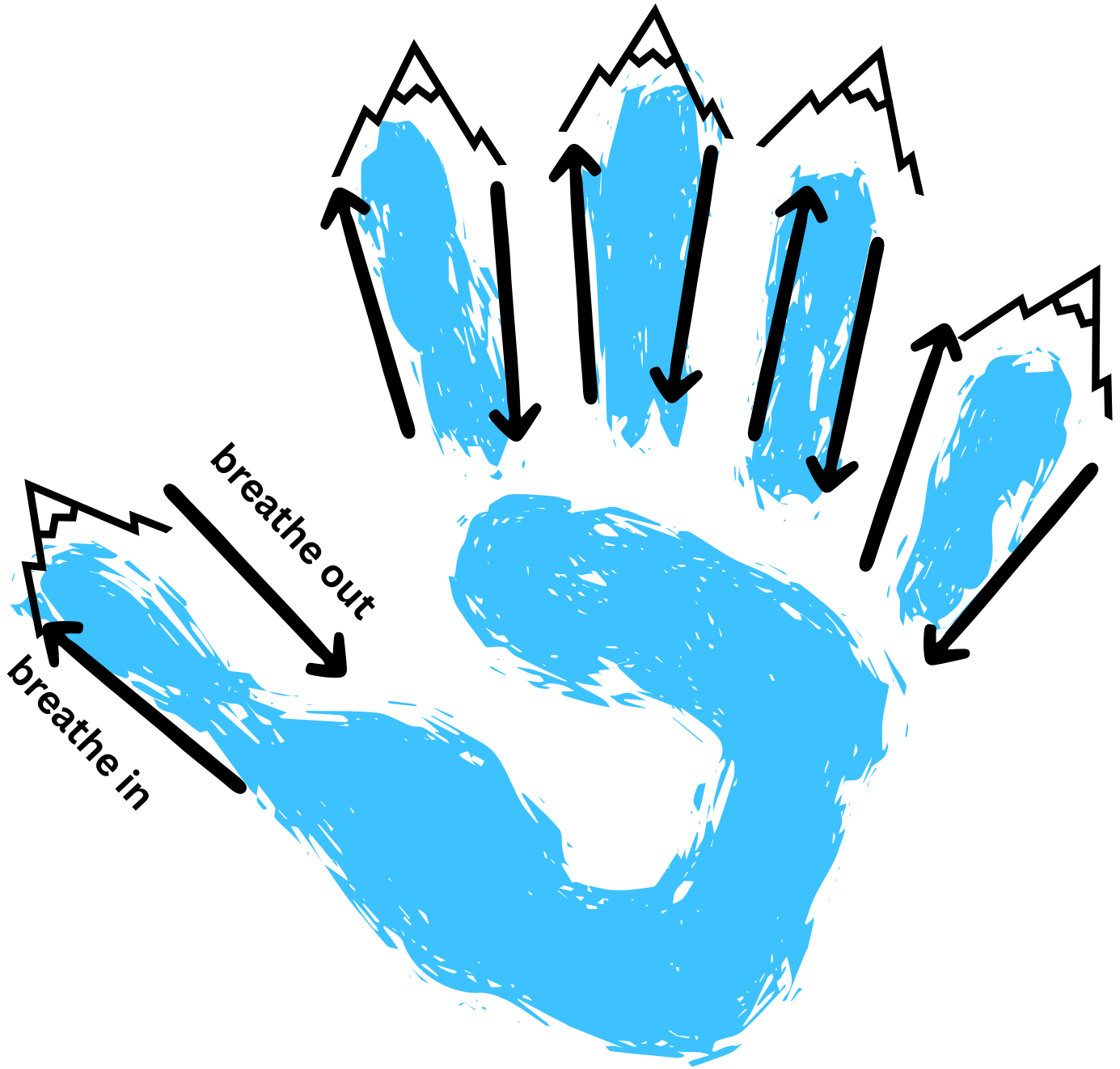


Mountain Breathing



When big emotions like stress or anger take over, pause and use this simple breathing technique to help calm your mind and body.