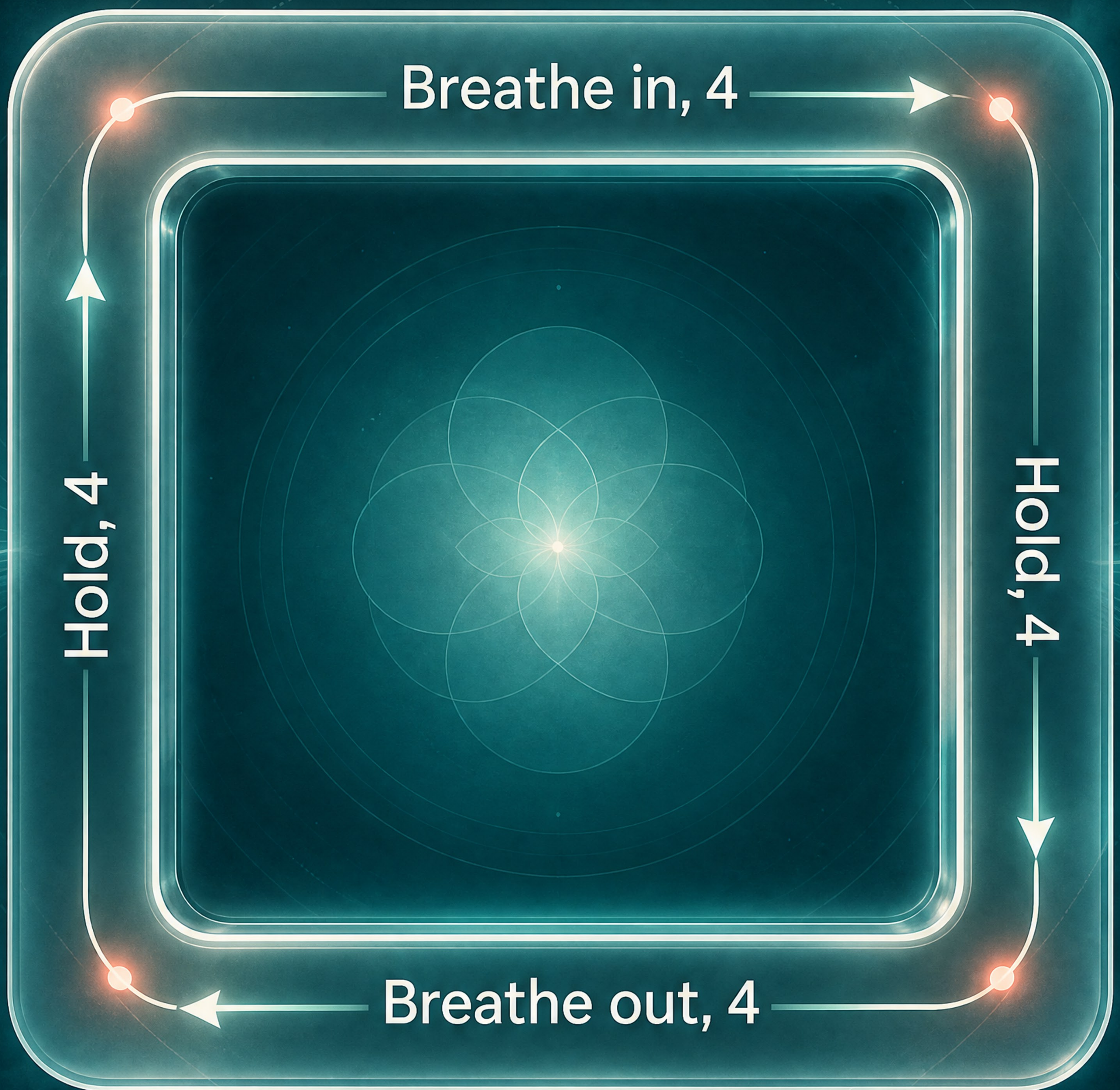


BOX BREATHING



Repeat four times.