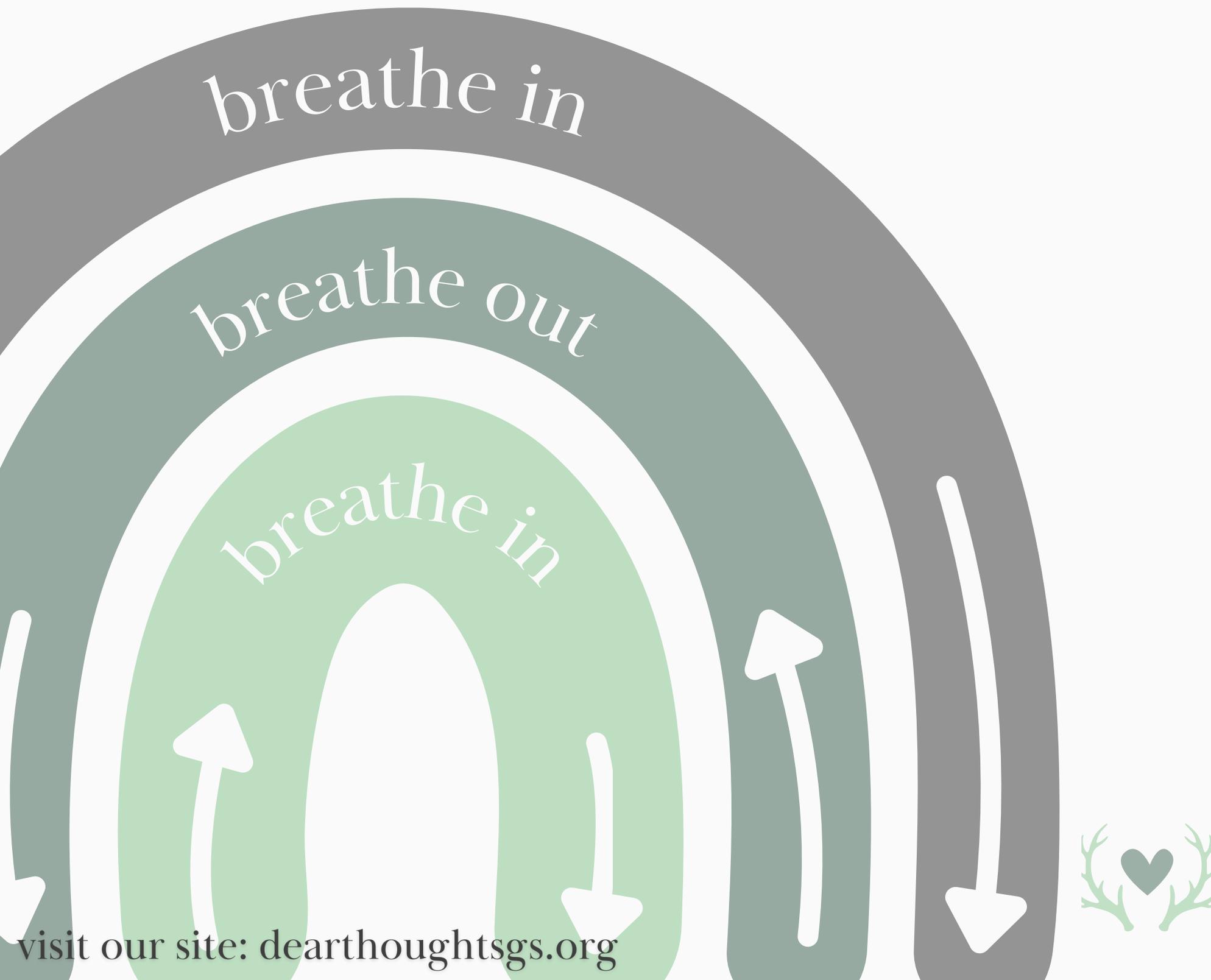


# Rainbow Breathing

## breathing technique

rainbow breathing helps you slow down your breath intake, which reduces stress

inhale and exhale to the arrows on the rainbow. optionally, you can trace them



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