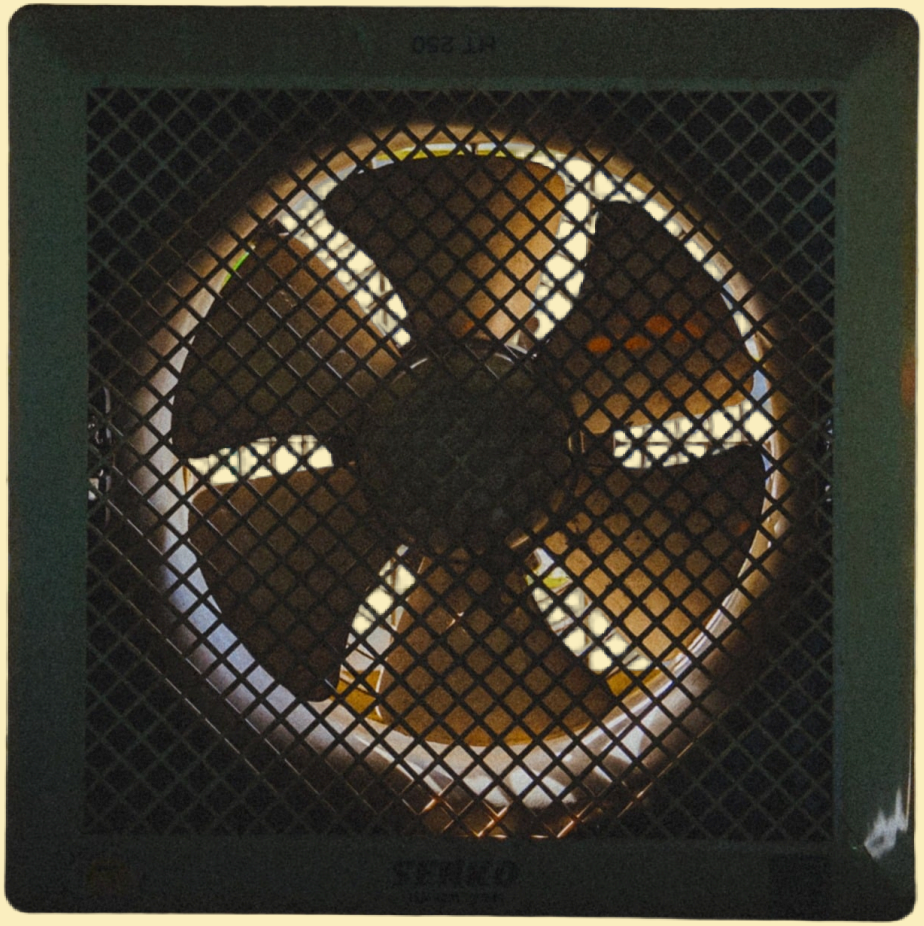
TAKE A DEEP BREATH AND BREATHE OUT MAKING A HUMMING NOISE LIKE A BOX FAN. (ALSO CALLED A BEE BREATH)





TAKE NICE DEEP BREATHS AS YOU TRACE THE LABYRINTH PATH INWARD TOWARD THE MIDDLE AND THEN BACK TO THE EDGE.

