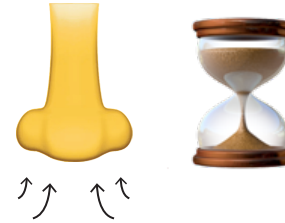


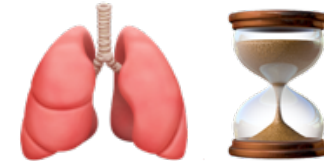
Sigh Away!



1 Sit or stand in a comfortable position.



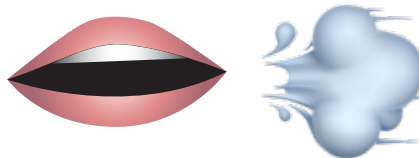
2 Inhale through your nose. Hold for one or two seconds, and then...



3 Take a second, deeper breath. Expand your chest as you fill your lungs. Hold for a few more seconds, and then...



5 Repeat the cycle. Continue this pattern for about five minutes.



4 Release all the air through your mouth in a long, slow sigh. This should take about double the time as both inhales.

