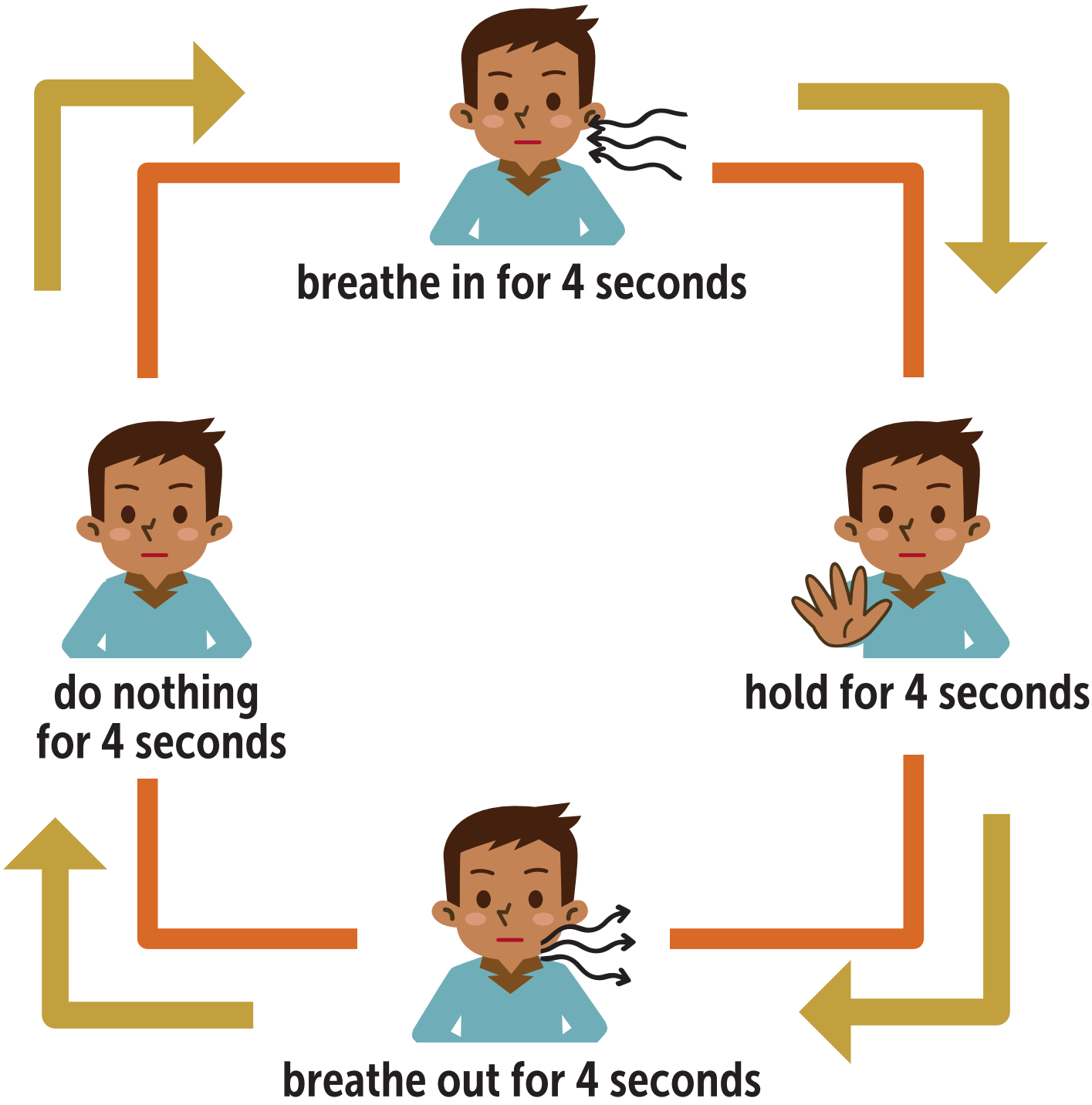SQUARE BREATHING