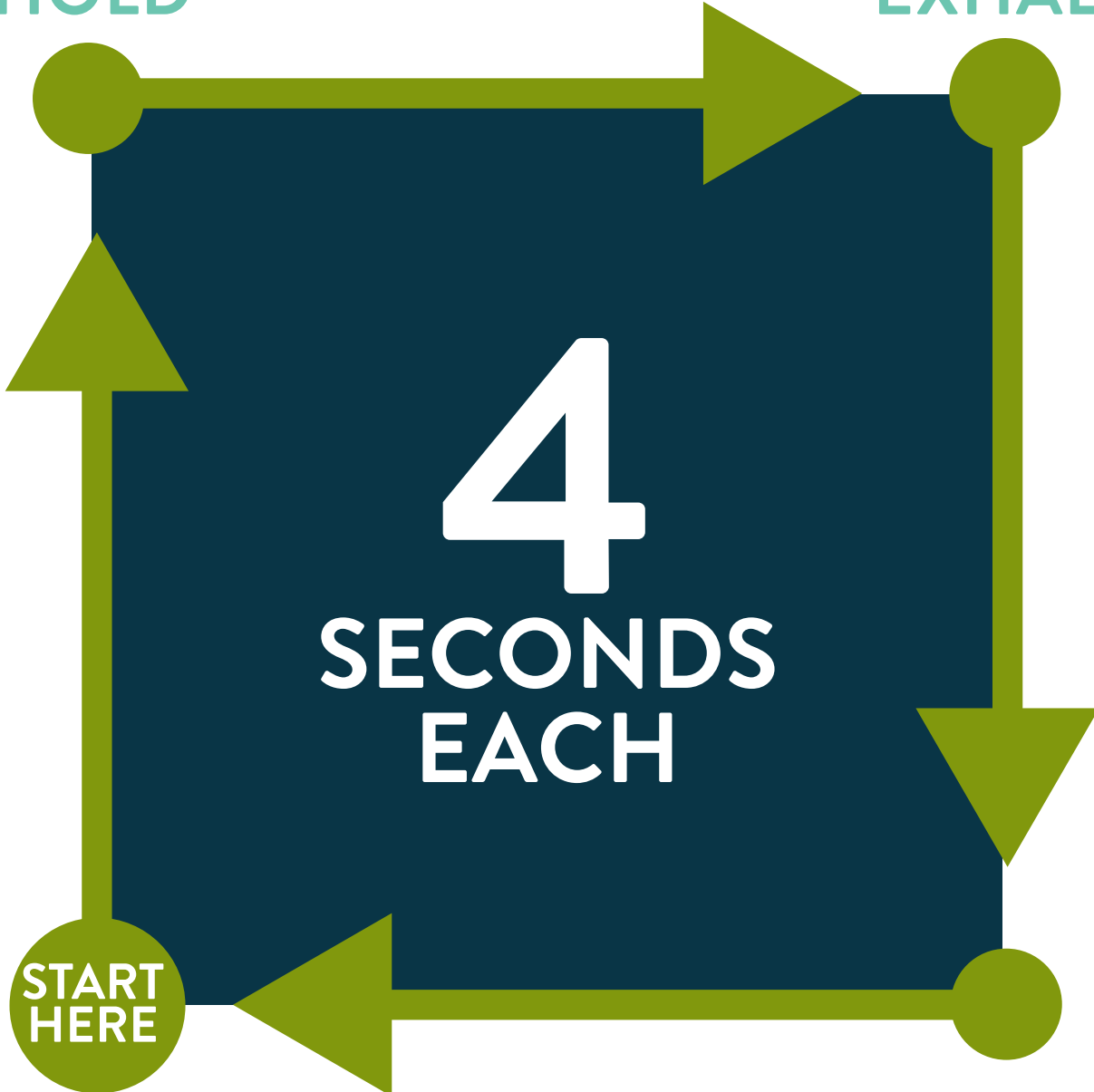


# Know Your Numbers

## Box Breathing

HOLD

EXHALE



START  
HERE

INHALE

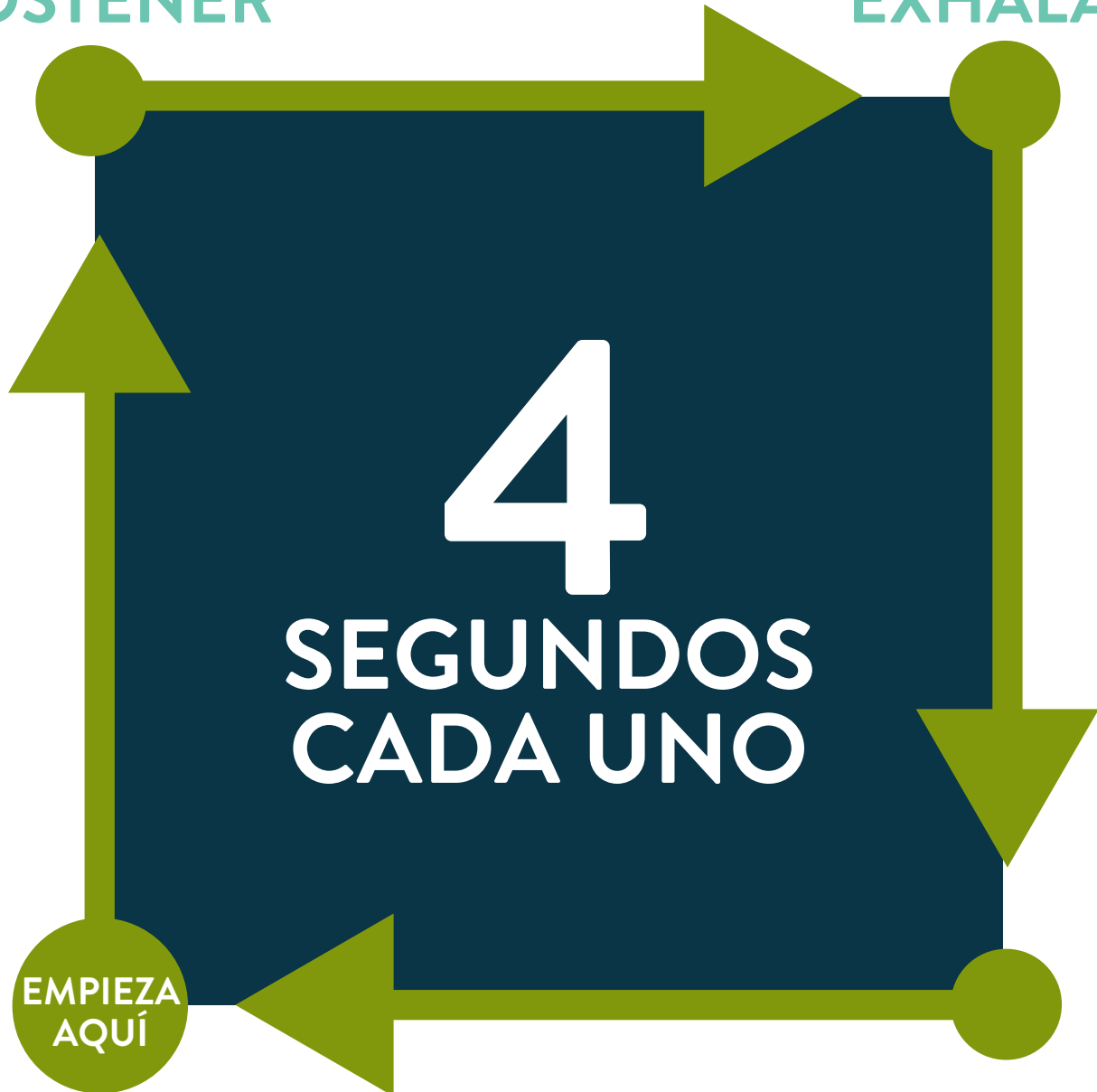
HOLD

# Conozca sus números

Respiración de caja

SOSTENER

EXHALAR



INHALAR

SOSTENER