

# Dragon Breathing

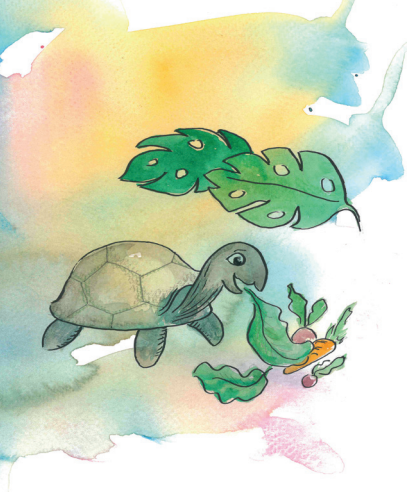


**Get rid of anxious, angry, over excited feelings by Dragon Breathing.  
Dragon Breathing helps you calm down and take control of your emotions.**

**Here's how to do it:  
Breathe in  
Hold it  
Breathe out for longer**

**Top tip: let your belly inflate like a balloon**

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