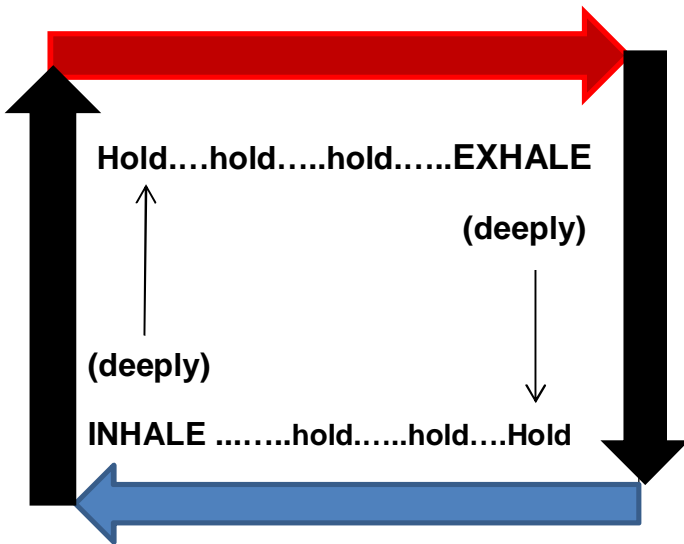


US Navy Seals Box Breathing

each side is 6-8-10 seconds long



From U S Navy Seal Mark Divine