

A close-up photograph of blue ocean waves with text overlaid. The water is a deep, vibrant blue, and the waves are in motion, creating white foam and ripples. The background is a soft, hazy sky, suggesting a sunrise or sunset. The text is overlaid on the water and sky, with 'Breathe In' on the left and 'Breathe Out' on the right.

Breathe In

Breathe

Out