

TRINITY KIT — PRINT SPEC SHEET

Discard this page before press run.

Starlight Breath Card — 4 × 6 in (2-sided)

PRODUCTION SPECS

- Stock: 16 pt cover, gloss UV both sides
- Art size with bleed: 4.25 × 6.25 in
- Two pages: front (Sage Sol) + back (breath pattern + QR)

ARTWORK / INK NOTES

- Front: Sage Sol on navy starfield with STARLIGHT BREATH lockup
- Back: 4-step breath cycle (Breathe in 4 / Hold 4 / Out 6 / Rest 2)
- QR → </rich-kids-club/kit/starlight>

TRINITY · MIND



STARLIGHT BREATH

with Sage Sol

4 · 4 · 6 · 2 BREATH



BREATHE IN

4 counts



HOLD

4 counts



BREATHE OUT

6 counts



REST

2 counts

Repeat 3 times. Notice the quiet.



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