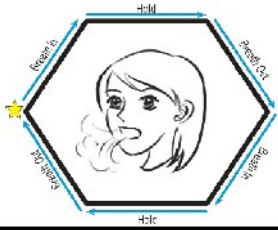
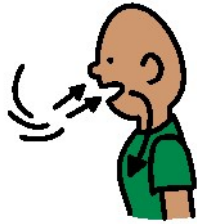


breathing choices

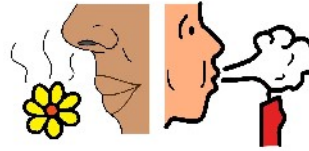
6 Sides of Breathing



belly breathing



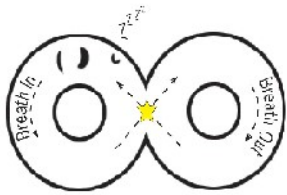
candle/flower breathing



mountain breathing



lazy 8 breathing



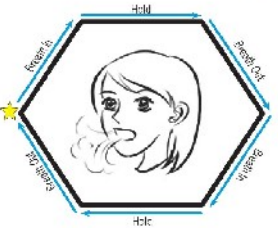
rainbow breathing



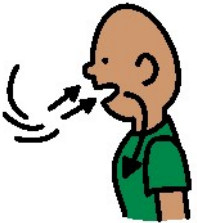
shark fin breathing



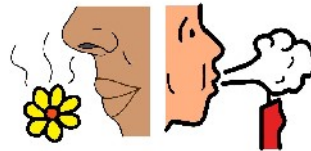
6 Sides of Breathing



belly breathing



candle/flower breathing



mountain breathing



lazy 8 breathing



rainbow breathing



shark fin breathing

