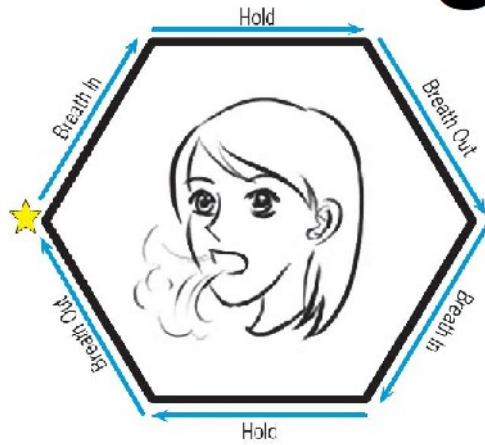
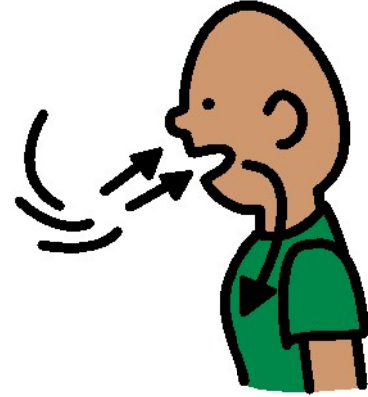


# breathing choices

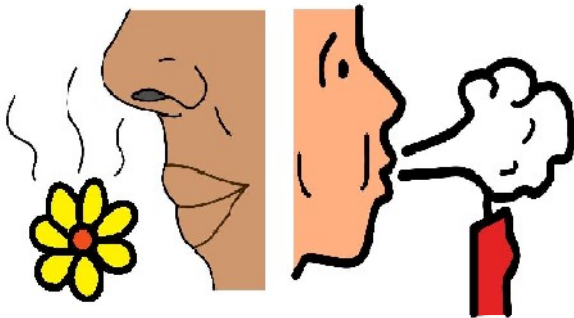
## 6 Sides of Breathing



## belly breathing



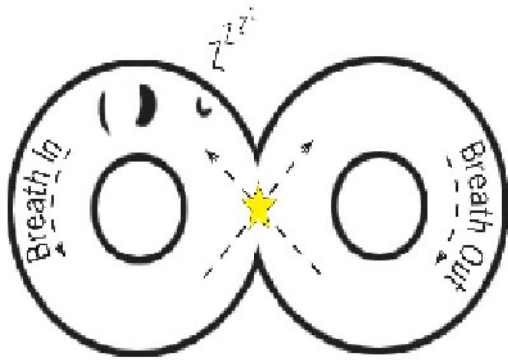
## candle/flower breathing



## mountain breathing



# lazy 8 breathing



# rainbow breathing



# shark fin breathing

