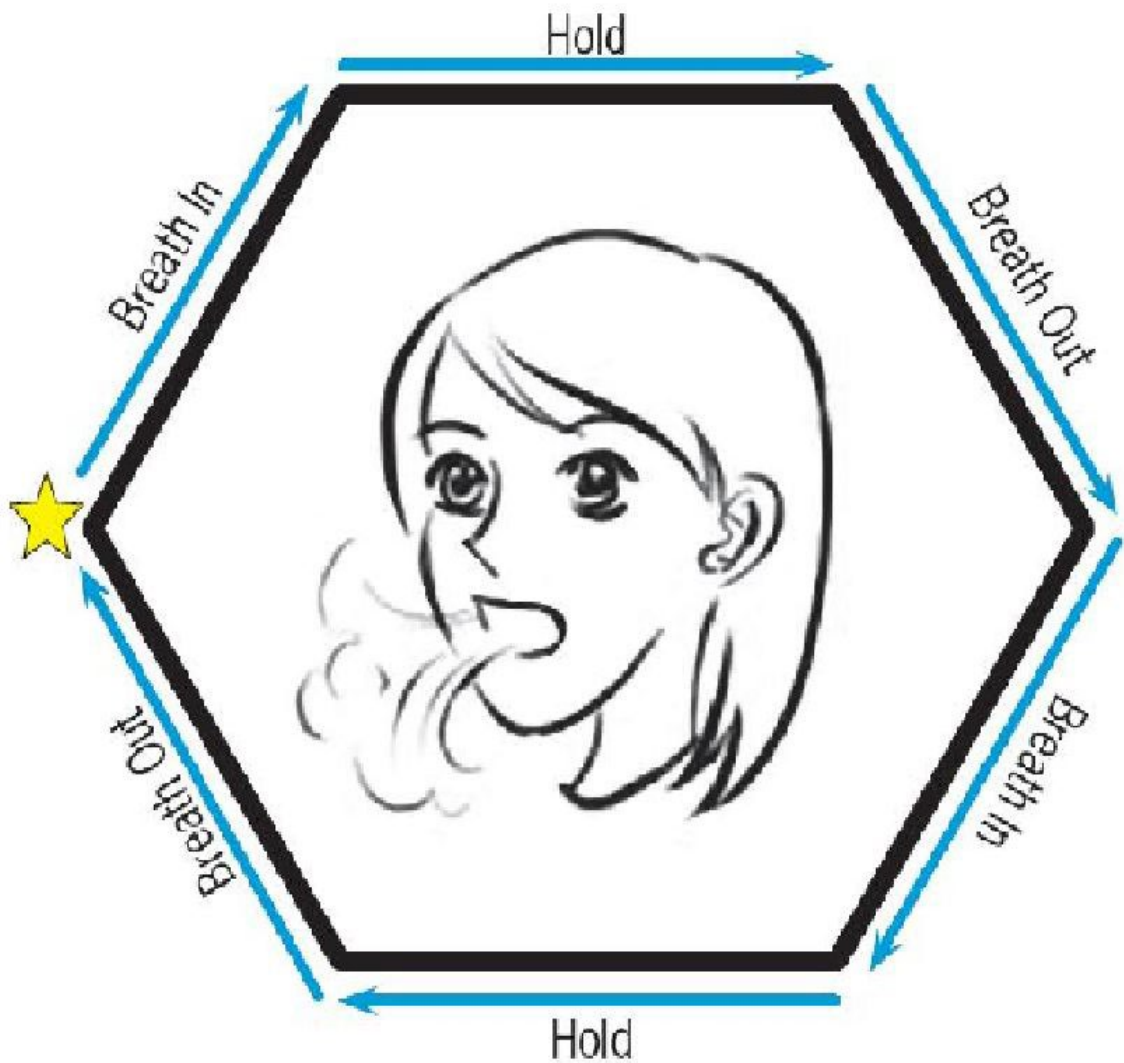
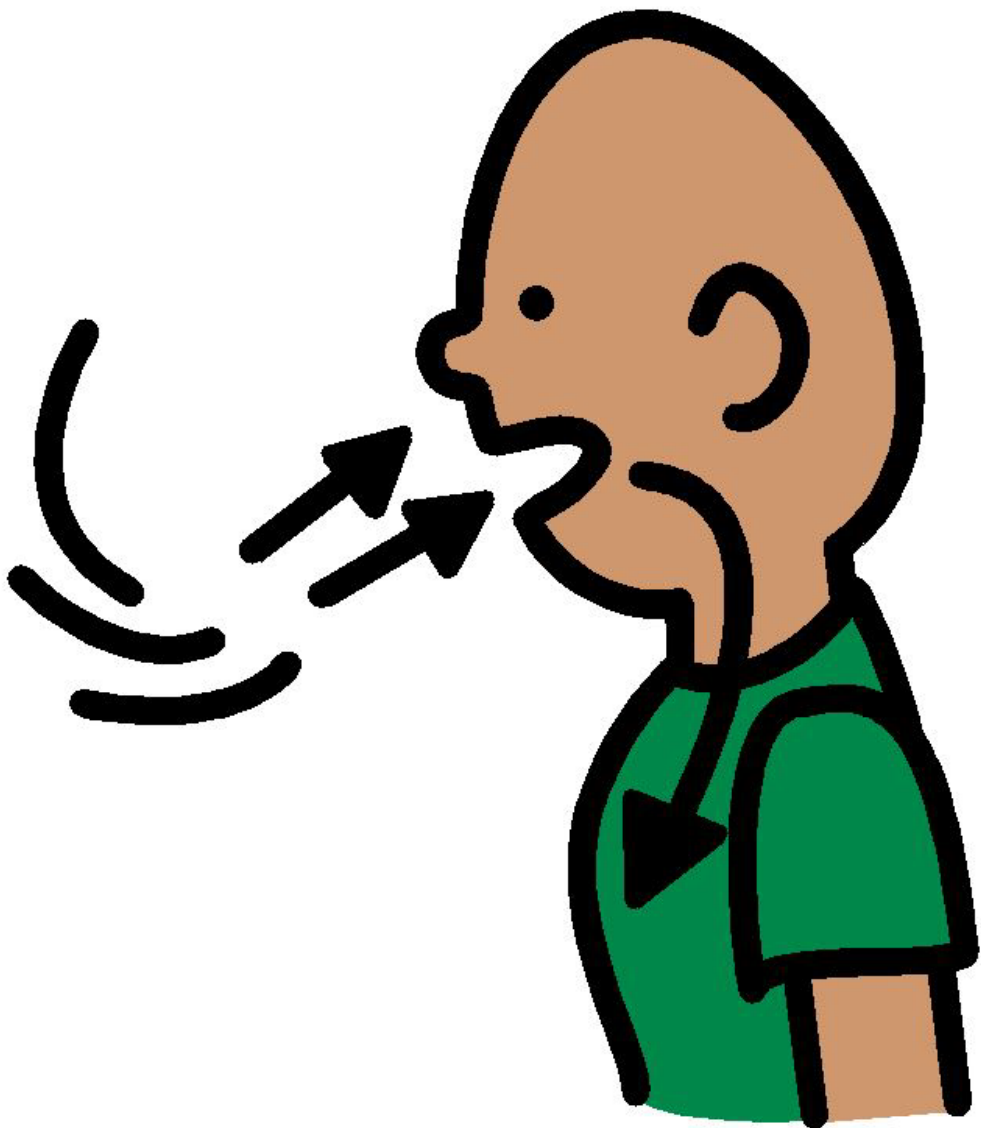


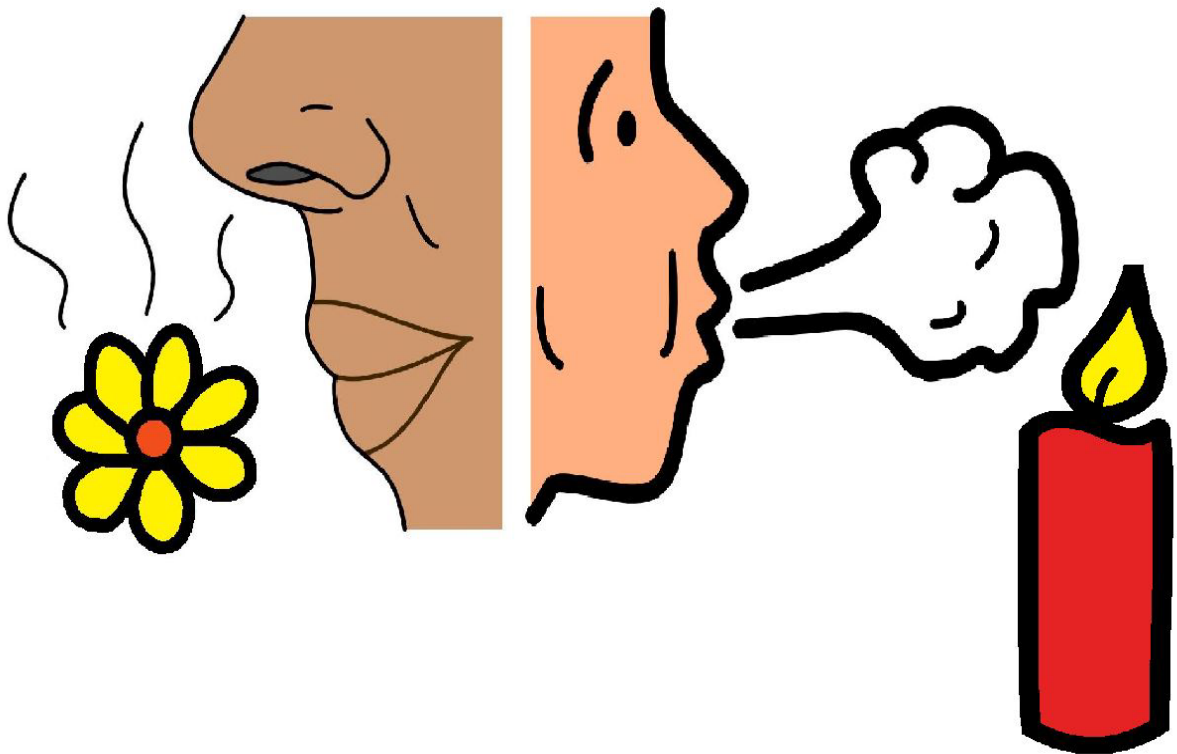
6 Sides of Breathing



Belly Breathing



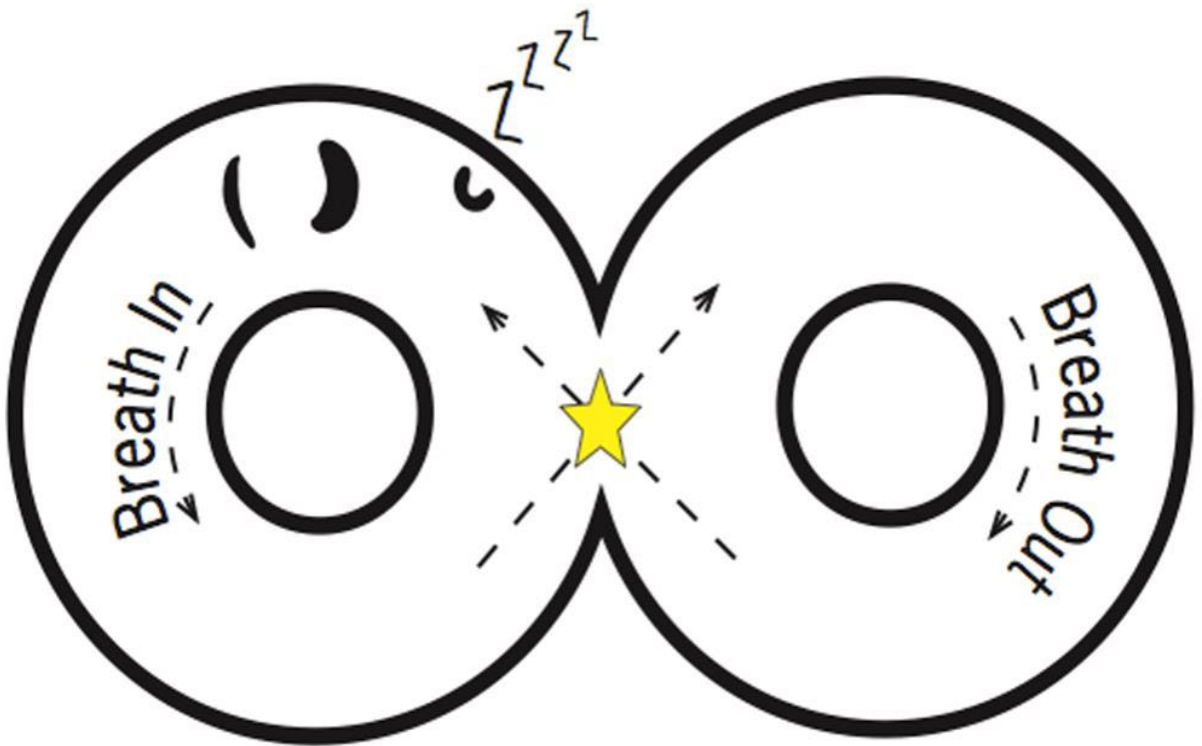
Candle/Flower Breathing



Mountain Breathing



Lazy 8 Breathing



Rainbow Breathing



Shark Fin Breathing

