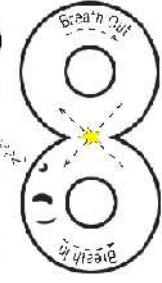
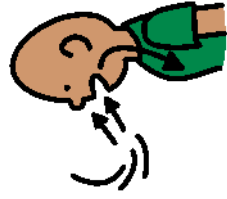


# breathing choices

lazy 8  
breathing



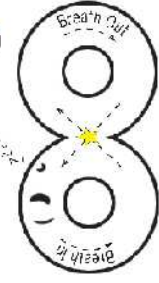
belly breath



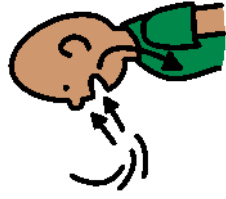
6 sides of  
breathing



lazy 8  
breathing



belly breath



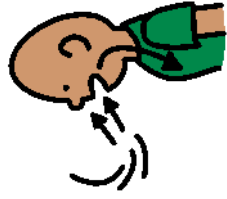
6 sides of  
breathing



lazy 8  
breathing



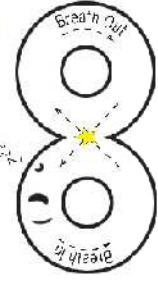
belly breath



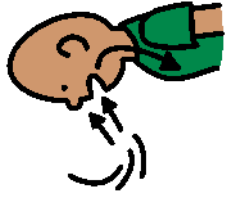
6 sides of  
breathing



lazy 8  
breathing



belly breath



6 sides of  
breathing

