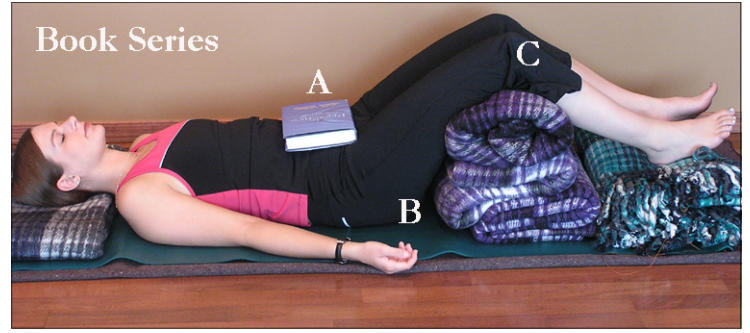
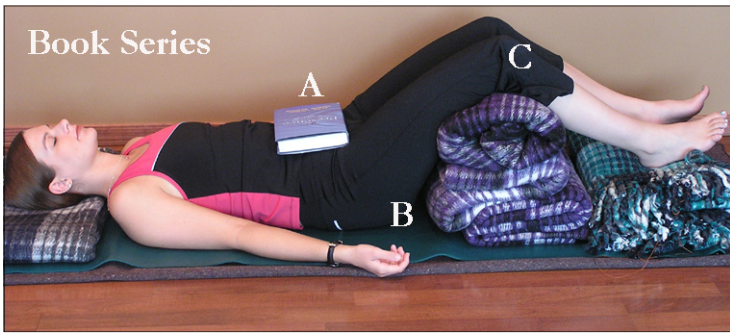


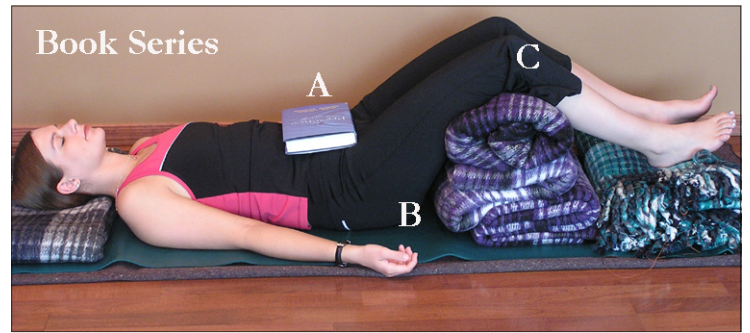
- A. & B. Book on lower belly; palms comfortably up and away from body. C. Knees and lower legs supported; Sacrum grounded. Watch the process of breathing, not “touching” or changing the breath...sense sound, movement and temperature. Repeat for ____ minutes ____ times per day.
- B. Book Assist: Gently assist breath in once you feel inspiration starting; completely passive on exhale. Repeat ____ minutes.



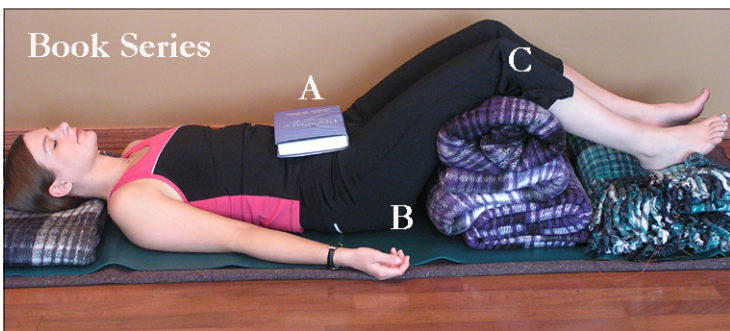
- A. & B. Book on lower belly; palms comfortably up and away from body. C. Knees and lower legs supported; Sacrum grounded. Watch the process of breathing, not “touching” or changing the breath...sense sound, movement and temperature. Repeat for ____ minutes ____ times per day.
- B. Book Assist: Gently assist breath in once you feel inspiration starting; completely passive on exhale. Repeat ____ minutes.



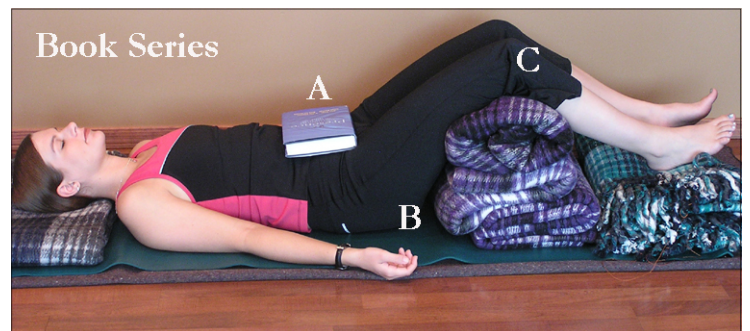
- A. & B. Book on lower belly; palms comfortably up and away from body. C. Knees and lower legs supported; Sacrum grounded. Watch the process of breathing, not “touching” or changing the breath...sense sound, movement and temperature. Repeat for ____ minutes ____ times per day.
- B. Book Assist: Gently assist breath in once you feel inspiration starting; completely passive on exhale. Repeat ____ minutes.



- A. & B. Book on lower belly; palms comfortably up and away from body. C. Knees and lower legs supported; Sacrum grounded. Watch the process of breathing, not “touching” or changing the breath...sense sound, movement and temperature. Repeat for ____ minutes ____ times per day.
- B. Book Assist: Gently assist breath in once you feel inspiration starting; completely passive on exhale. Repeat ____ minutes.



- A. & B. Book on lower belly; palms comfortably up and away from body. C. Knees and lower legs supported; Sacrum grounded. Watch the process of breathing, not “touching” or changing the breath...sense sound, movement and temperature. Repeat for ____ minutes ____ times per day.
- B. Book Assist: Gently assist breath in once you feel inspiration starting; completely passive on exhale. Repeat ____ minutes.



- A. & B. Book on lower belly; palms comfortably up and away from body. C. Knees and lower legs supported; Sacrum grounded. Watch the process of breathing, not “touching” or changing the breath...sense sound, movement and temperature. Repeat for ____ minutes ____ times per day.
- B. Book Assist: Gently assist breath in once you feel inspiration starting; completely passive on exhale. Repeat ____ minutes.