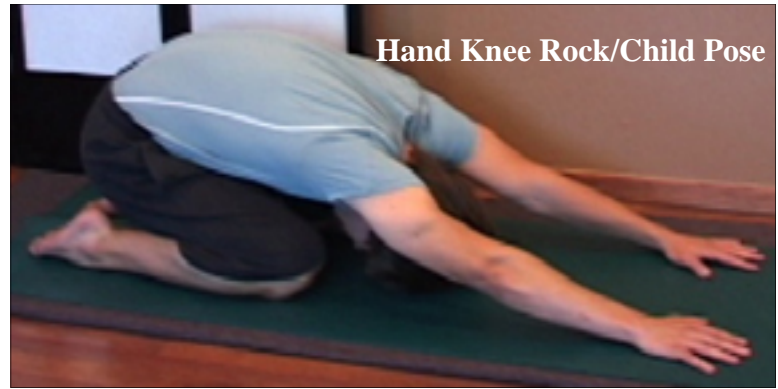




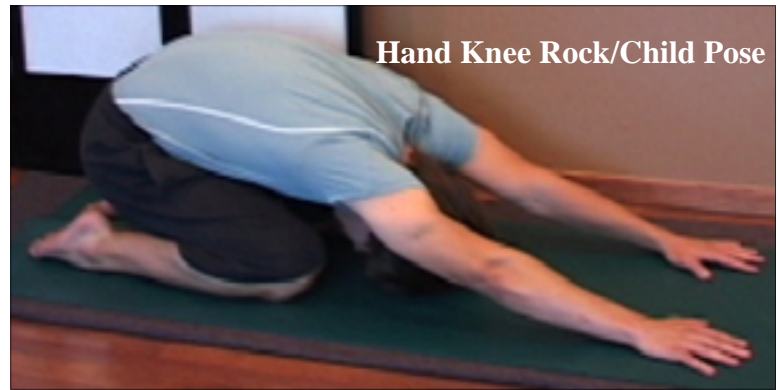
- Begin on all-4's, exhale back toward heels, inhale forward to all-4's, going deeper as the body opens.
- Be patient and let the breath work from the inside; once warmed, stay for prescribed breaths.
- Inhale slowly back up to finish.
- Hold for ____ breaths. ____ times/day.



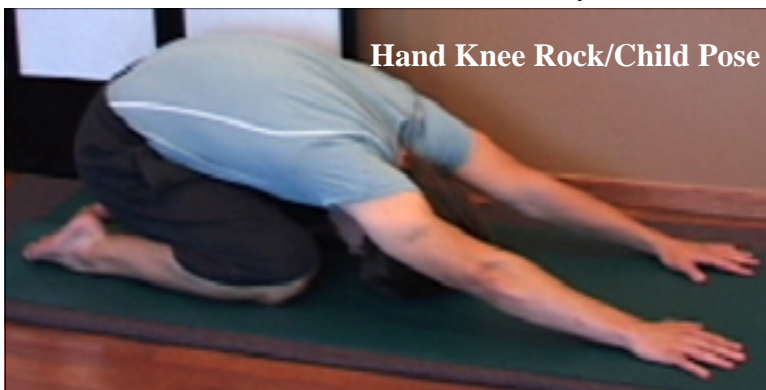
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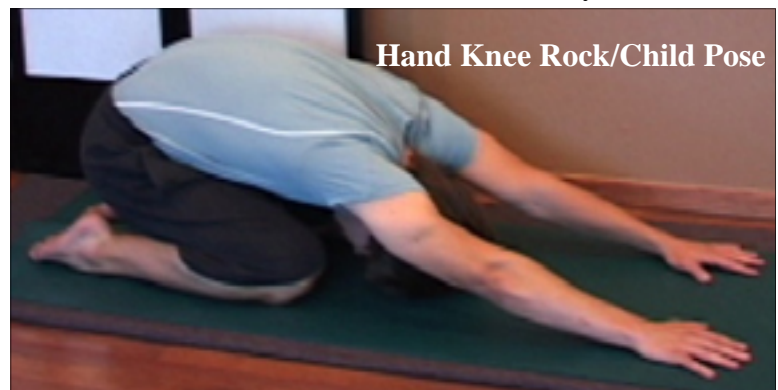
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