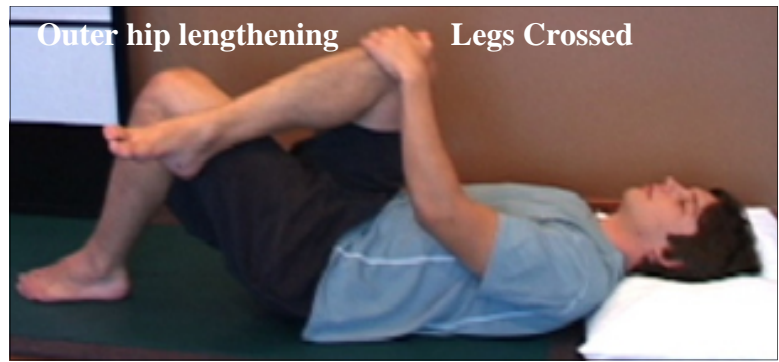


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- Breathing fully into hip, gently melt thigh across body on the exhales, keeping pelvis on the ground.
- Be patient and let the breath work from the inside.
- Repeat for \_\_\_\_ breaths; \_\_\_\_ /day. R L Both



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