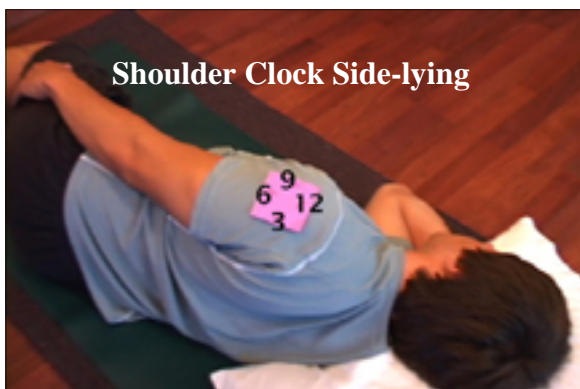


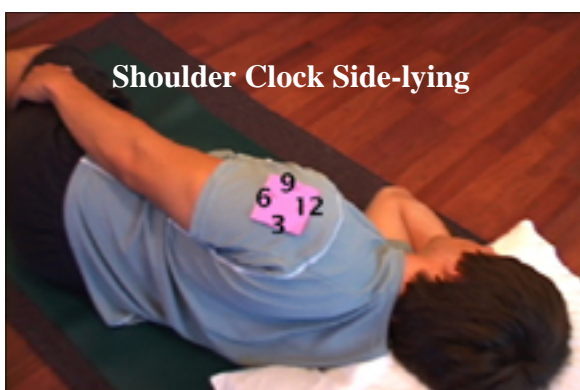
- Begin on your side, inhale shoulder up to ear; exhale down toward 6.
- After prescribed number, then inhale to 3 and exhale shoulder toward 9. Repeat as directed. Then add other hours if instructed.
- Finishing by slowly going clockwise and counter clockwise.
- Repeat ___ breaths. R L Both sides. ___ times/day.



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