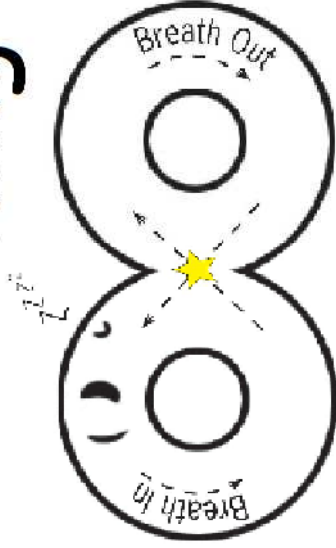
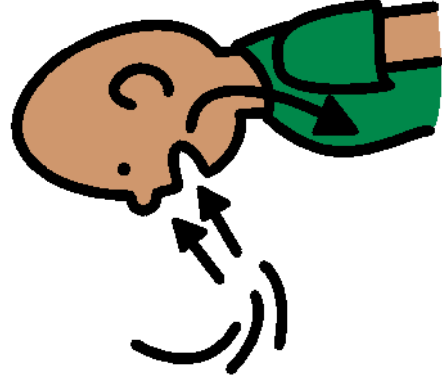


lazy 8

breathing



belly breath



6 sides of

breathing

