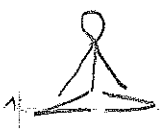




mind = breath = body

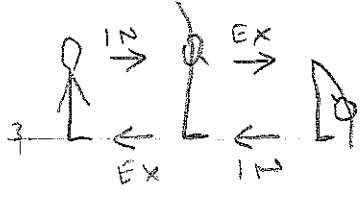


welcome  
short explanation

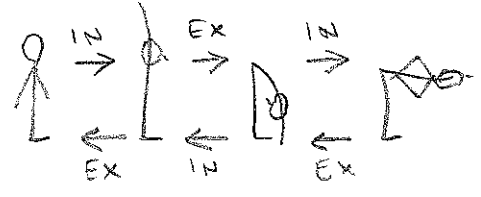


3x IN EX  
3x EX IN

breathe  
conscious/spontaneous

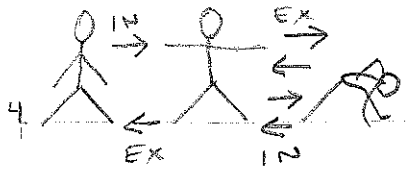


3x

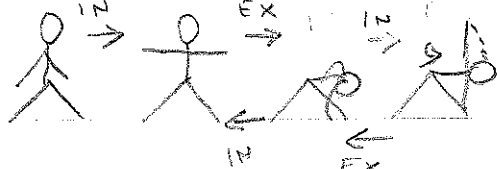


3x

15R/21

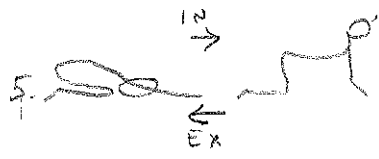


2x



2x

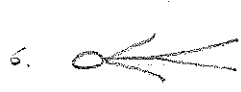
16R/37



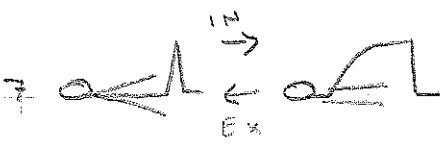
3x IN!  
3x EX!

EX

6R/43

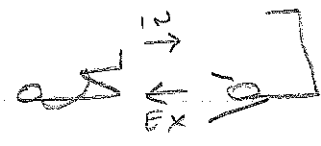


near



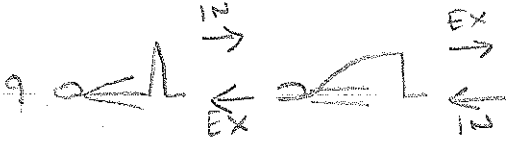
6x  
IN!

8

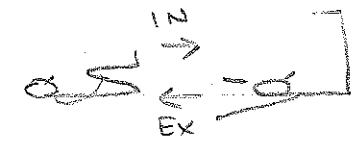


6x  
EX!

12R/55



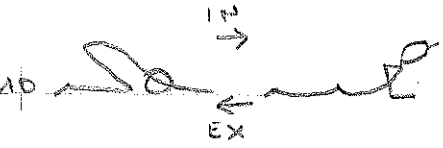
EX



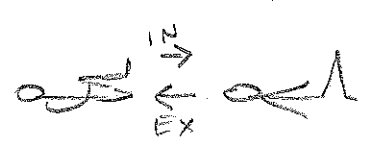
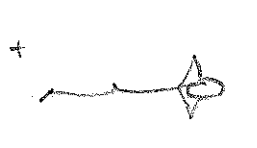
IN

4x 12R/67

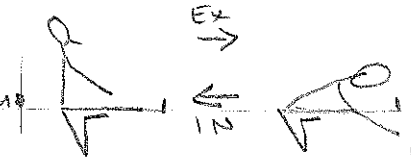
2 min



6x/73

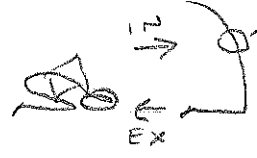


a few  
times



4x  
per R.  
EX!

12



6x  
IN!

14R/87

2 min

6x IN  
6x EX

12R/94



relaxation  
observation

13



14