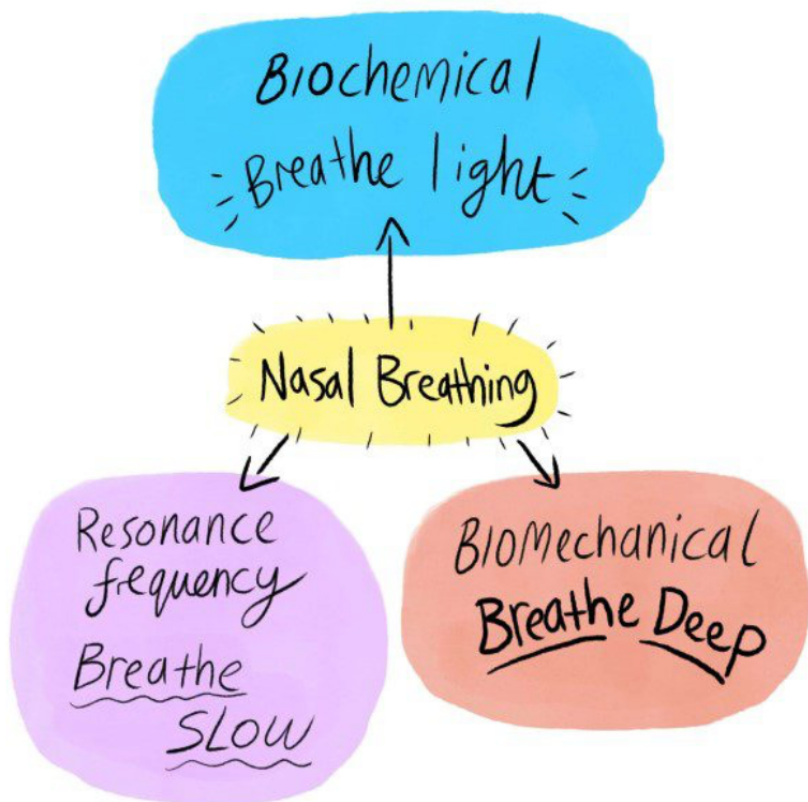


Breath through your nose

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Establish Functional Breathing



Breathe Light, SLOW and Deep