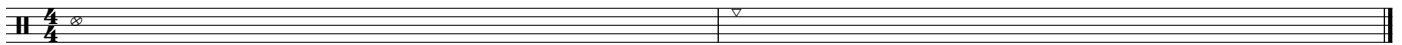


# Breathing

A1

- Lace your fingers
- Breathe in as much as you can as you push your palms to the sky
- Stretch up as high as you can
- Sip in more air several times
- Let go and hang loose
  
- Lace your fingers
- Breathe in as much as you can as you push your palms to the sky
- Sip in a couple times
- Bend to the **right**
- Keep your upper body in a flat plane parallel to the ground
- Sip in more air several times
- Stretch up again
- Let go and hang loose
  
- Lace your fingers
- Breathe in as much as you can as you push your palms to the sky
- Sip in a couple times
- Bend to the **left**
- Keep your upper body in a flat plane parallel to the ground
- Sip in more air several times
- Stretch up again
- Let go and hang loose
  
- Lace your fingers
- Breathe in as much as you can as you push your palms to the sky
- Sip in a couple times
- Tuck your arms to touch you elbows in front of you
- Sip in a couple times
- Bend to touch you elbows by your waist
- Sip in a couple times
- Bend to touch your elbows by your knees
- Sip in a couple times
- Bend to touch your elbows by you ankles
- Sip in more air several times
- Stretch up again
- Let go and hang loose

Key:



Out

In

Breathing

3 A2

3x 3x 3x 3x 3x 3x

*f* *ff*

14 A3

3x 3x 3x 3x 3x

25 A4

3x 3x 3x 3x

40

3x

49

3x 3x

57 A5

3x 3x 3x 3x

*f* *f* *f*

A6

3x 3x 3x 3x

A7

3x 6x 6x 6x 3x