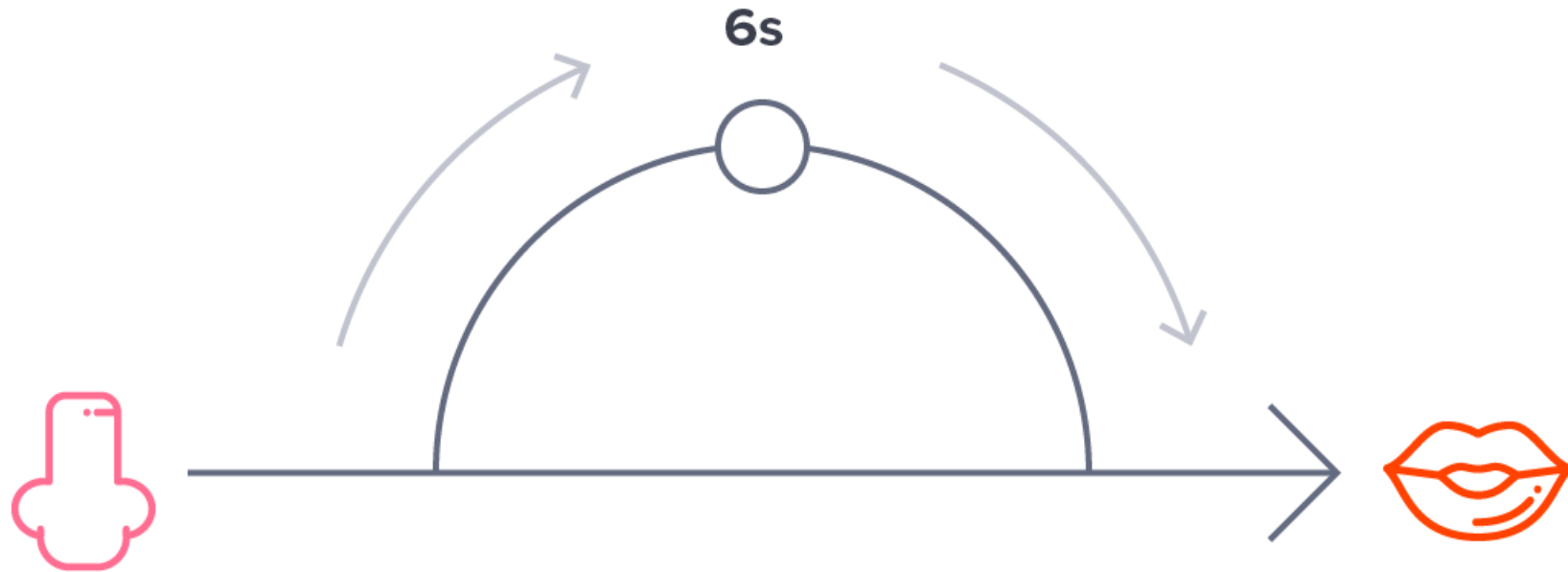
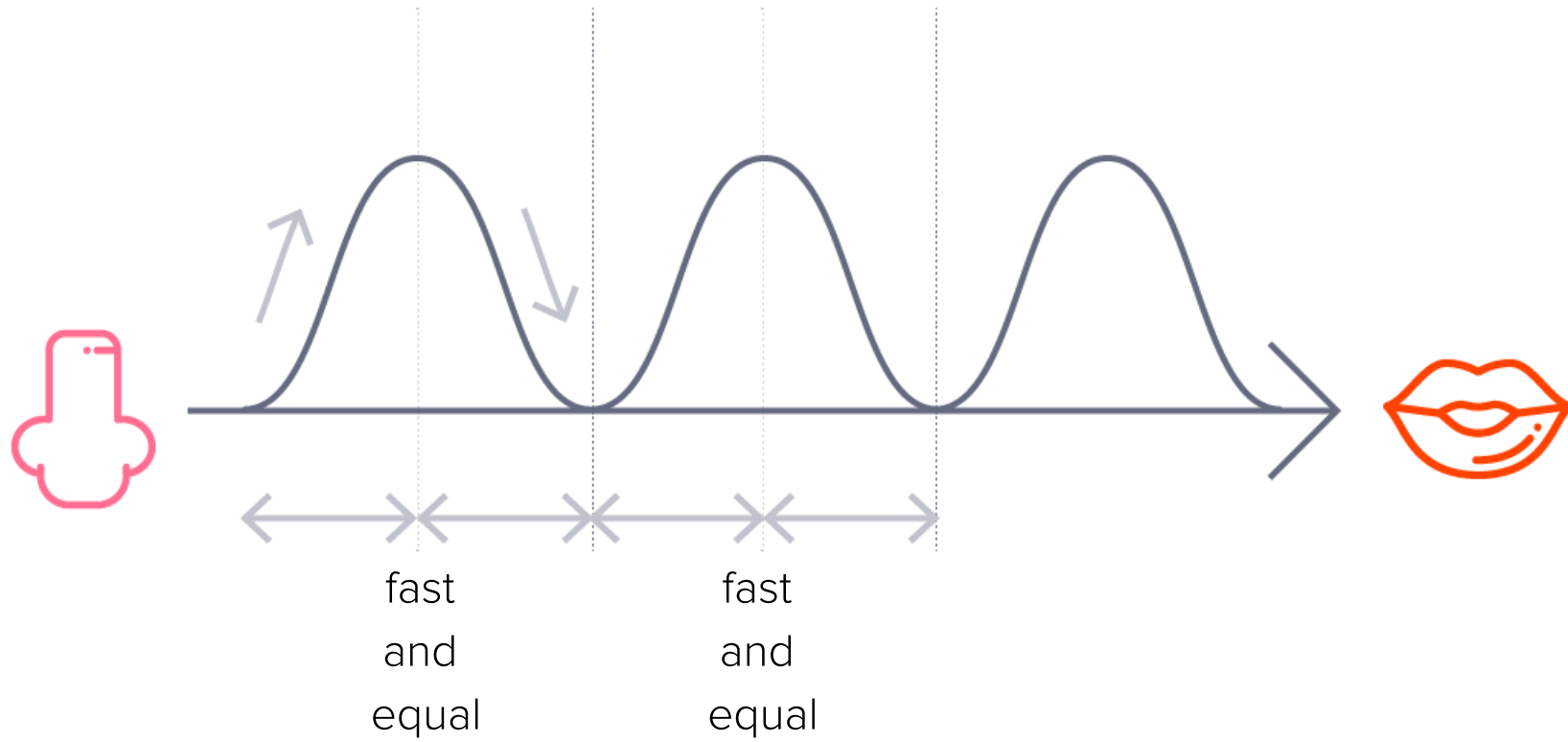


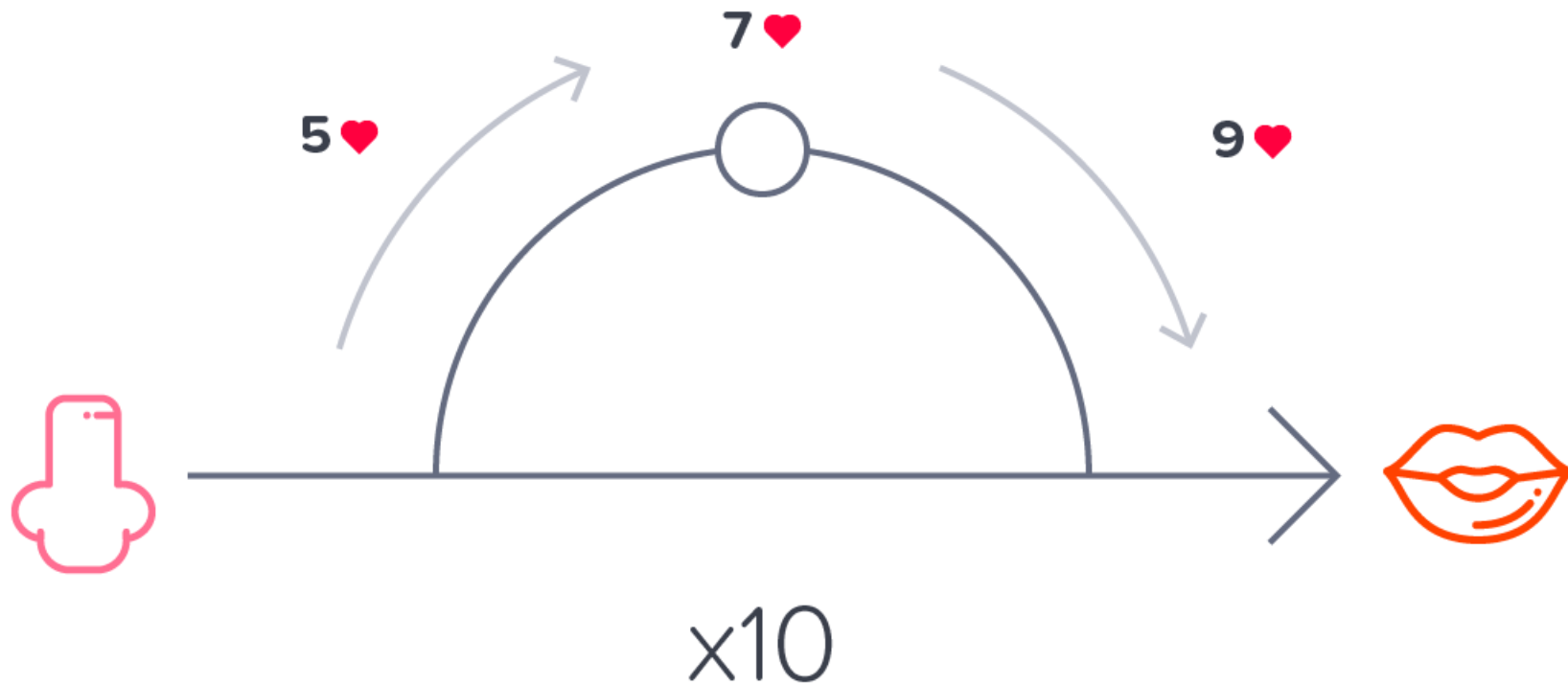
Karate Breathing



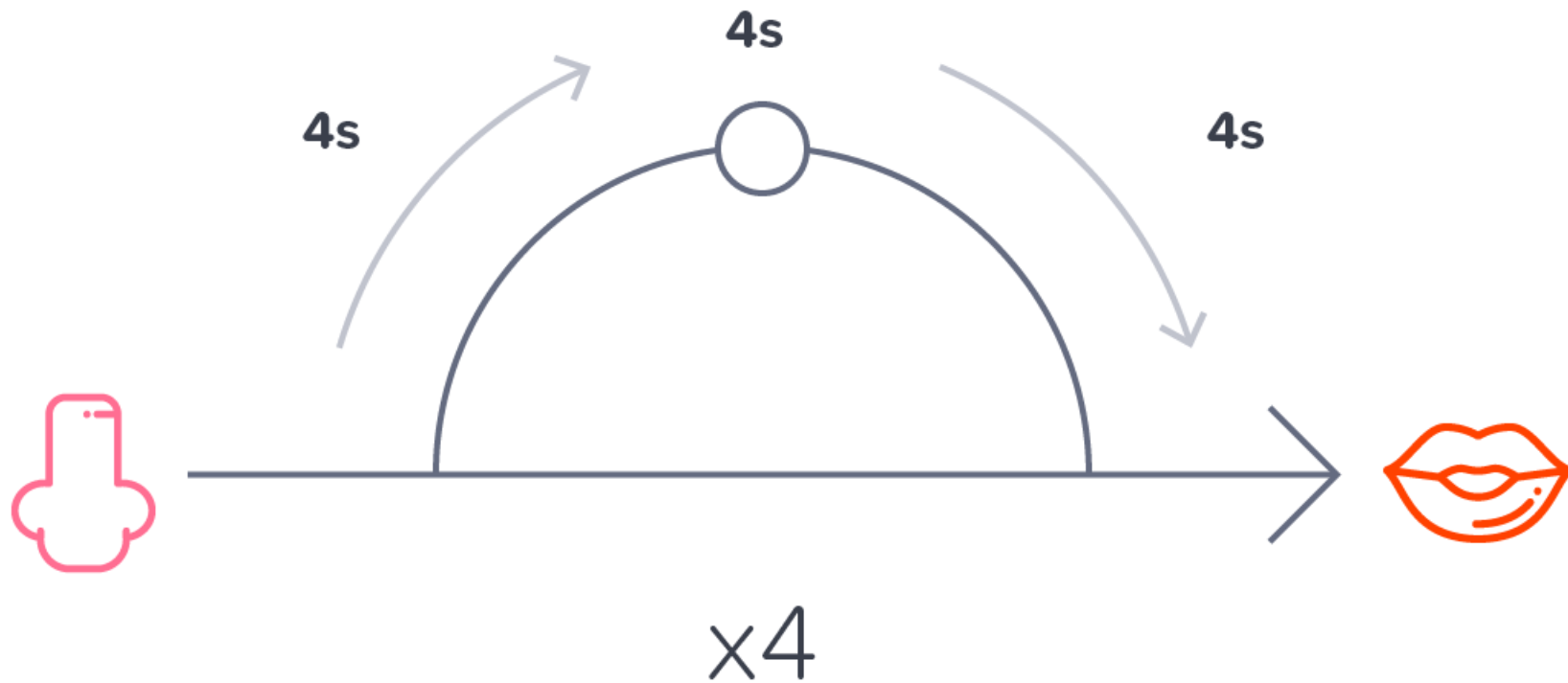
Stimulating breath



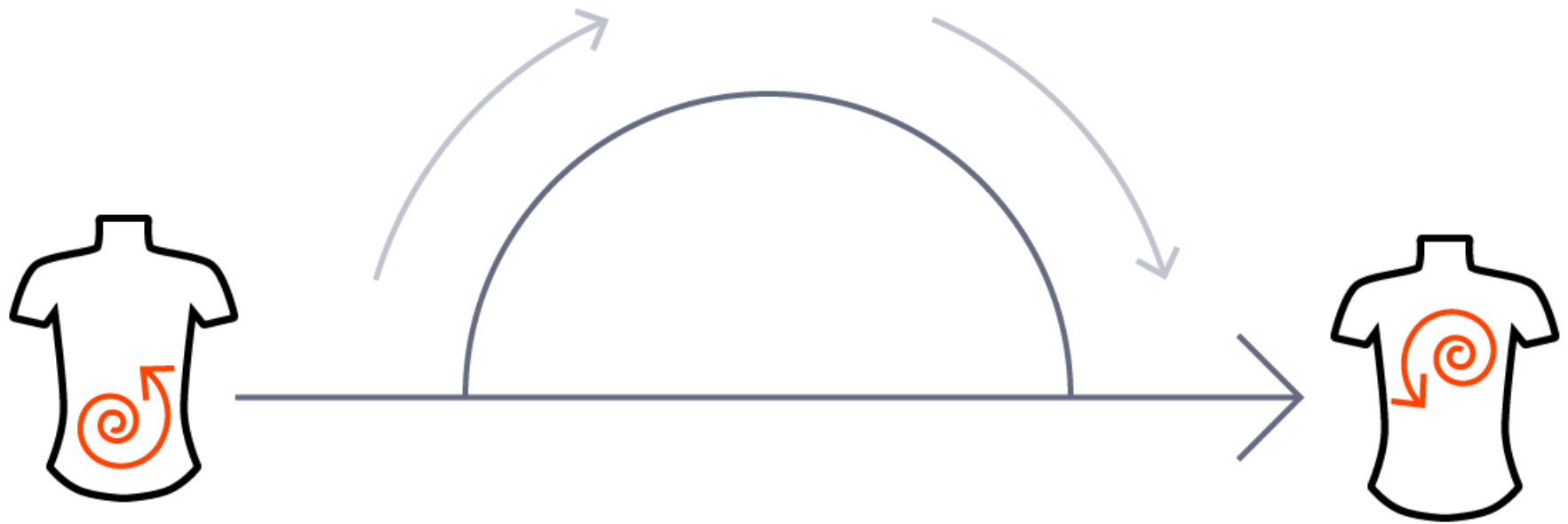
Advanced inhale-hold-exhale breathing



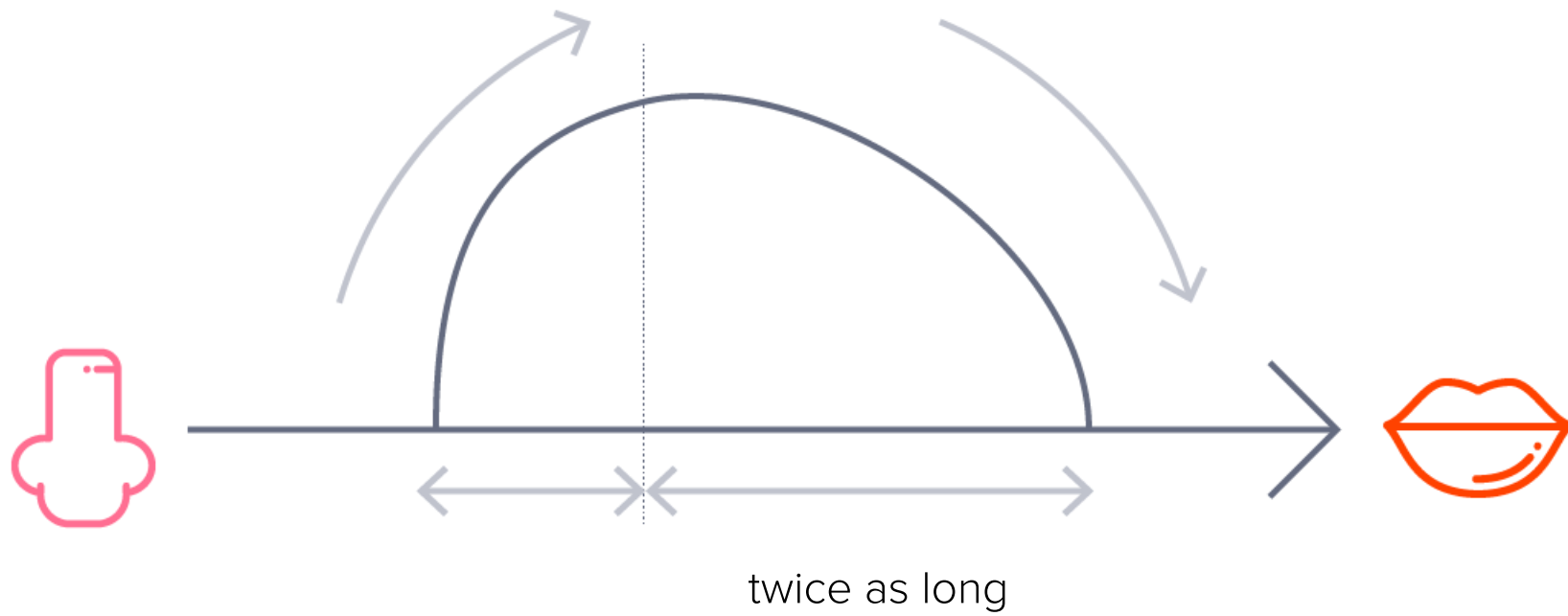
Box Breathing



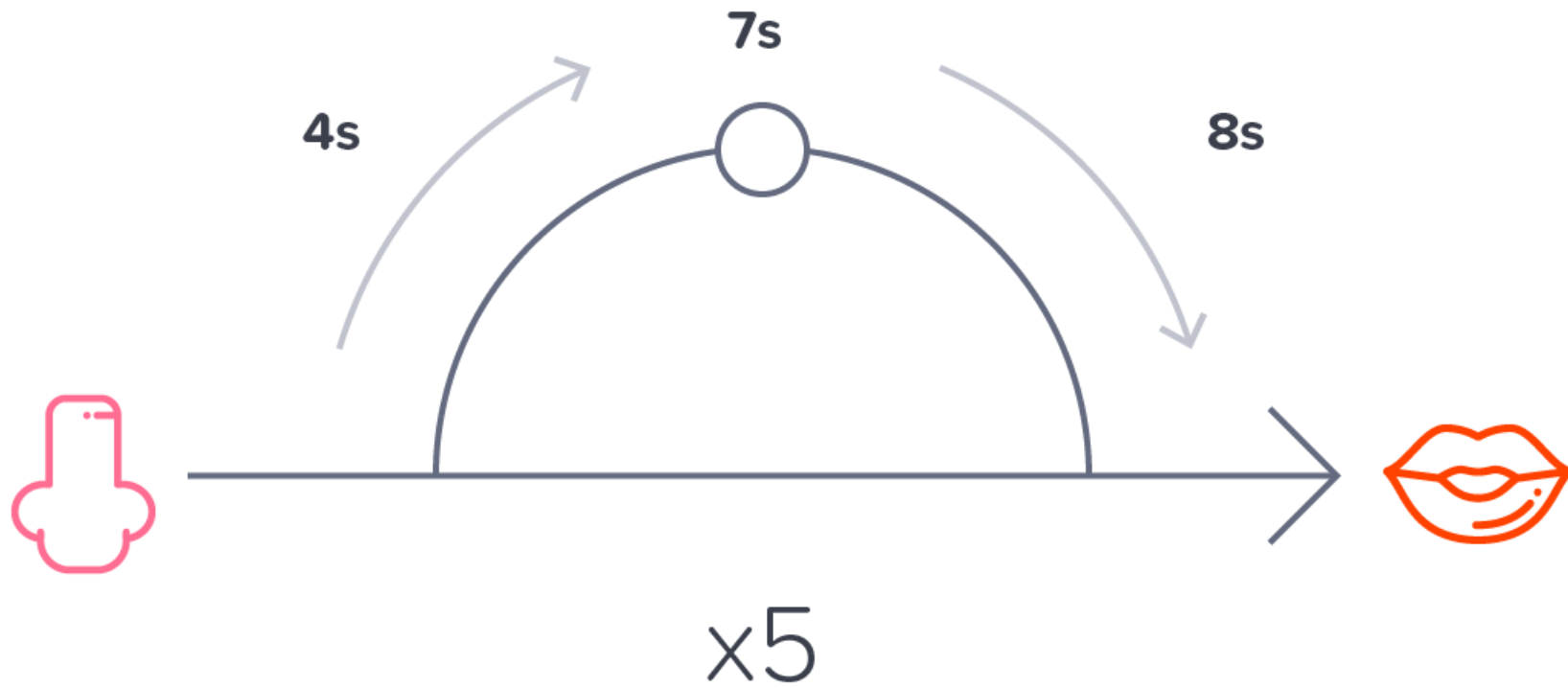
Pranayama Breath



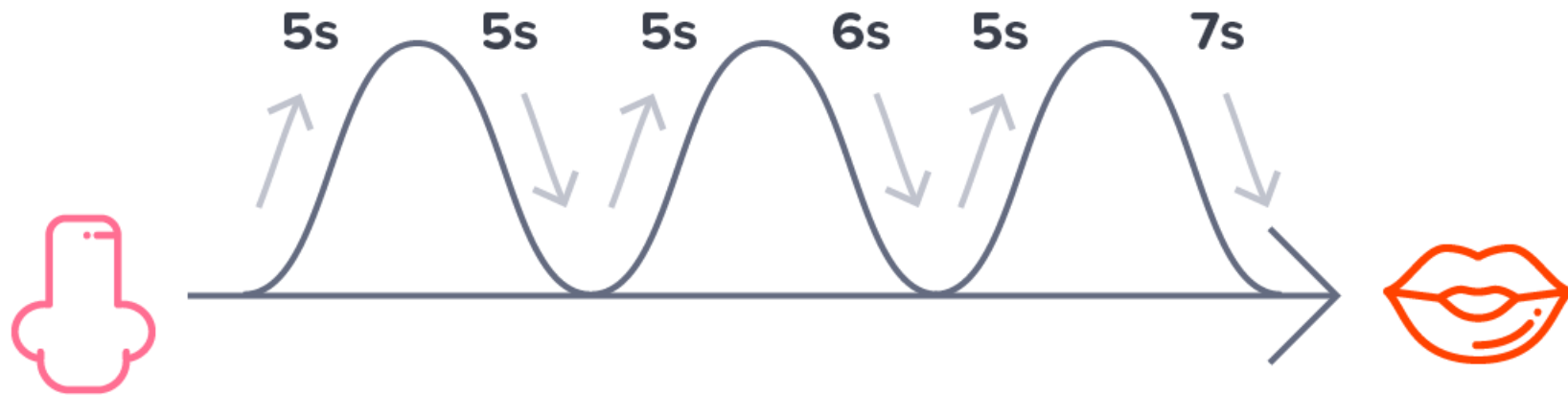
Pursed-Lip Breathing



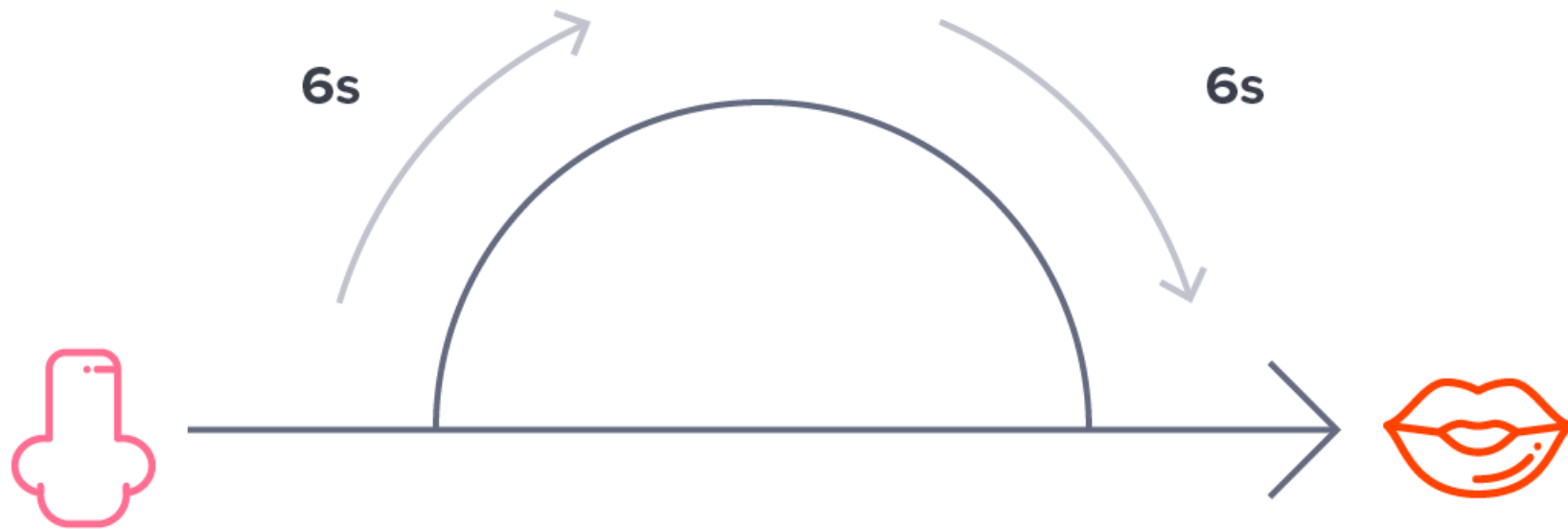
Relaxing Breath



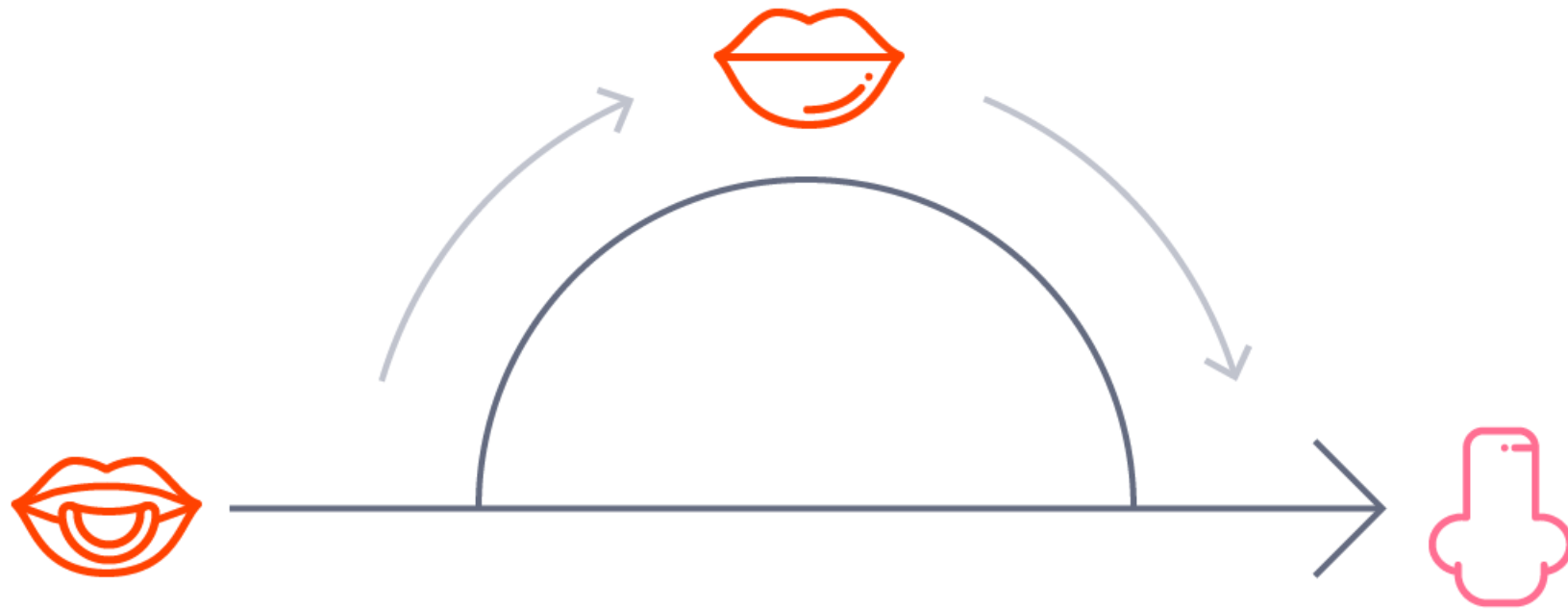
The Long Exhale



Coherent Breathing



The Cooling Breath



Sama Vritti

