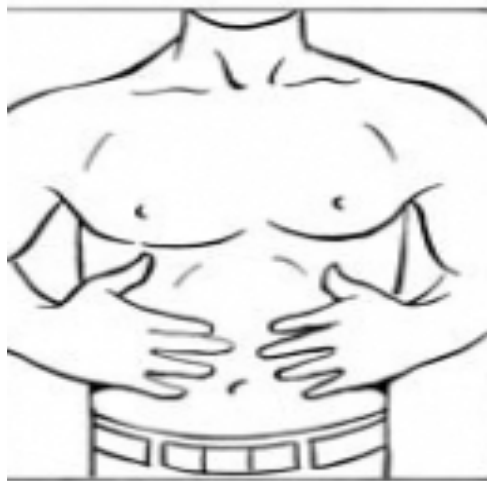


## Abdominal Breathing



BREATHING OUT (EXHALING) WITH THE DIAPHRAGM



BREATHING IN (INHALING) WITH THE DIAPHRAGM

