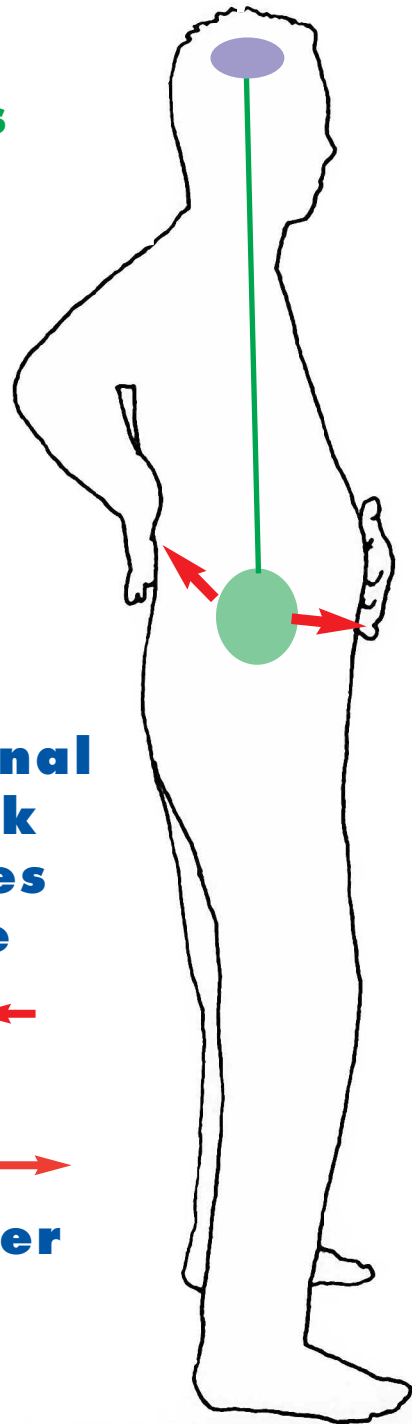
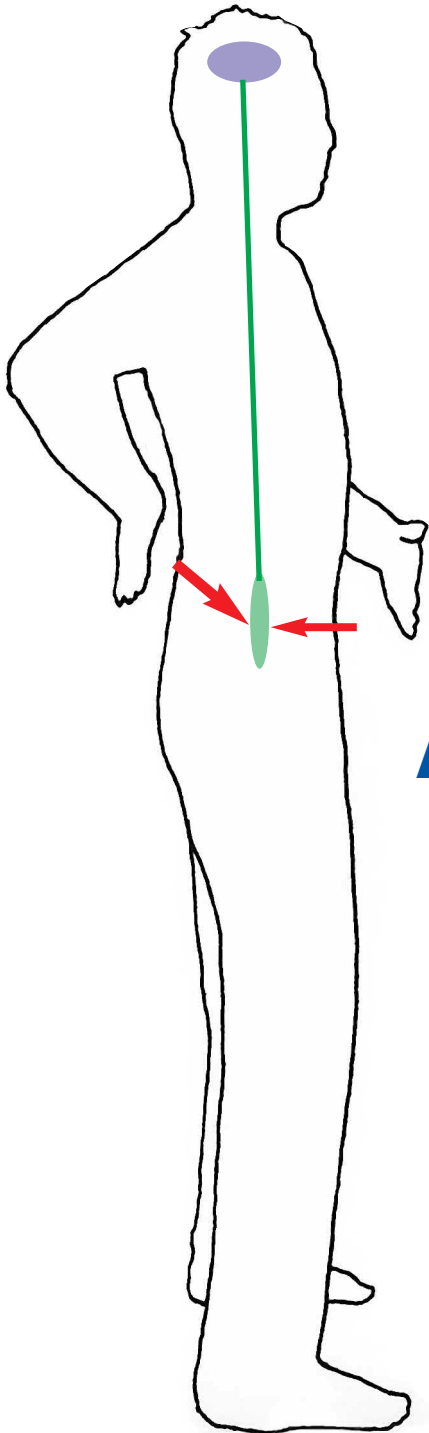


"EMBRYO" BREATHING

The
Mind
Resides
in the
Dan
Tien



Abdominal
& Back
Muscles
Move

→ In ←

&

← Out →

Together

IN

(Empty Moon)

OUT

(Full moon)