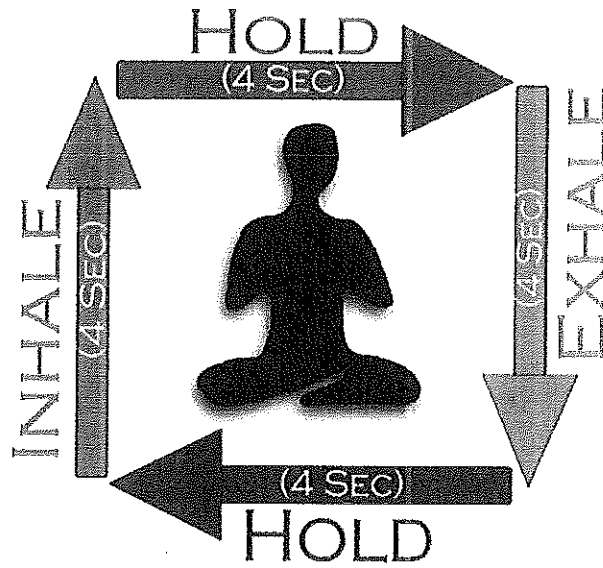


Types of Breathing



6 Steps to Belly Breathing

