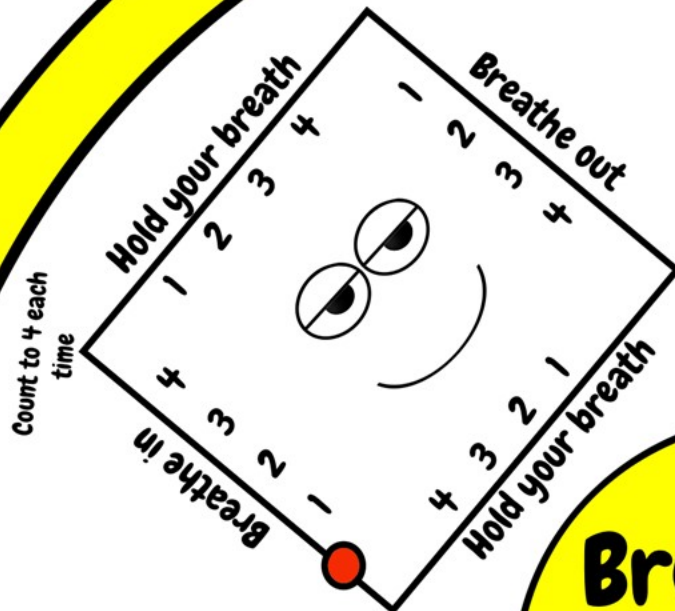


Breathing wheel

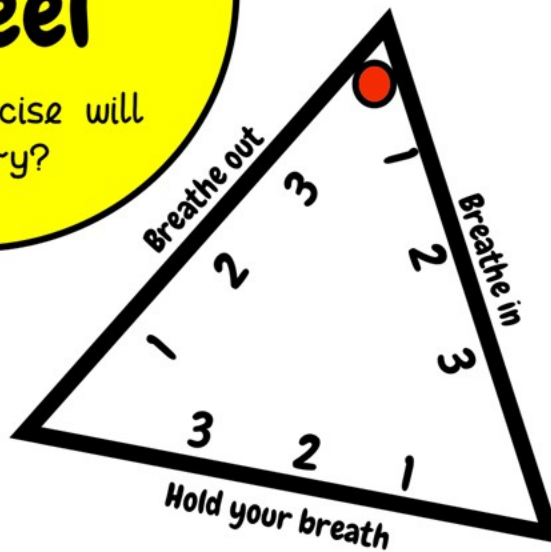
Which exercise will you try?



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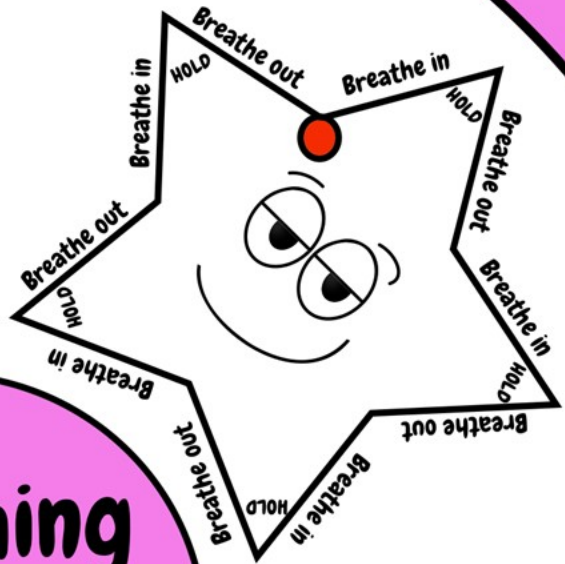
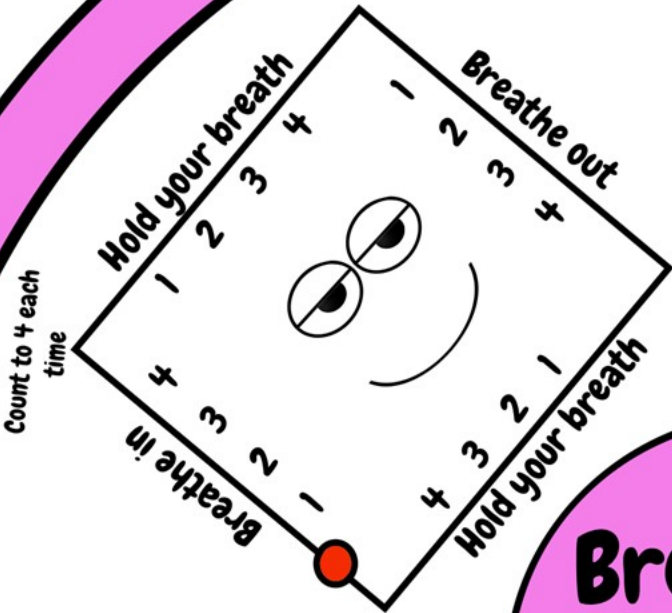
Breathe in for the count of 7

Breathe out for the count of 11



Breathing wheel

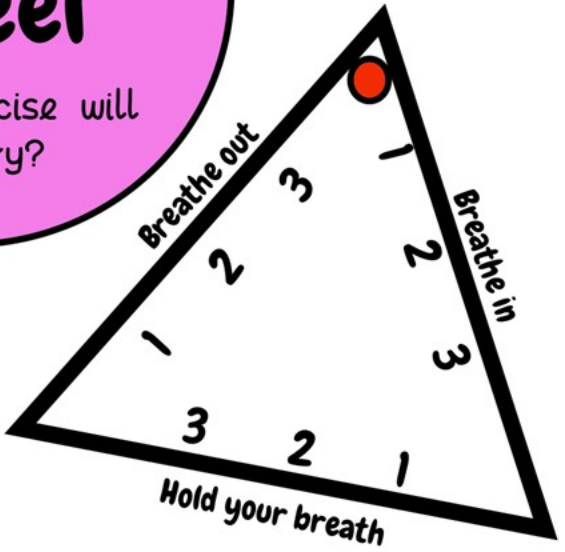
Which exercise will you try?



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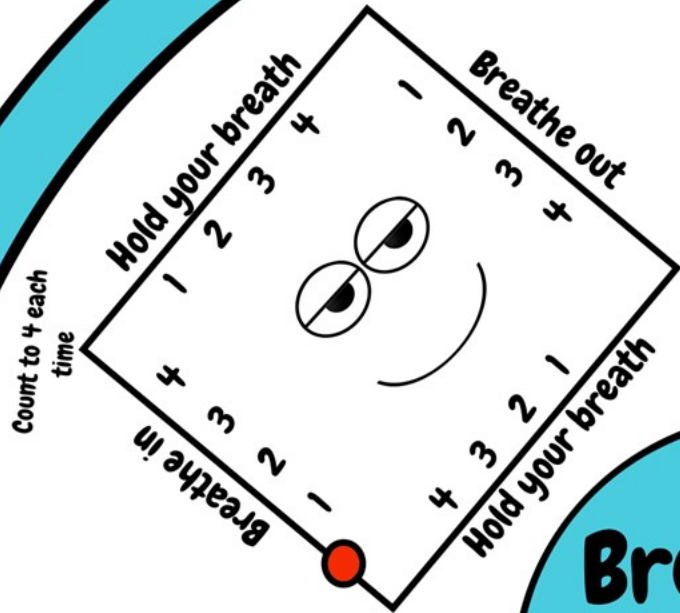
Breathe in for the count of 7

Breathe out for the count of 11



Breathing wheel

Which exercise will you try?



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Breathe in for the count of 7

Breathe out for the count of 11

