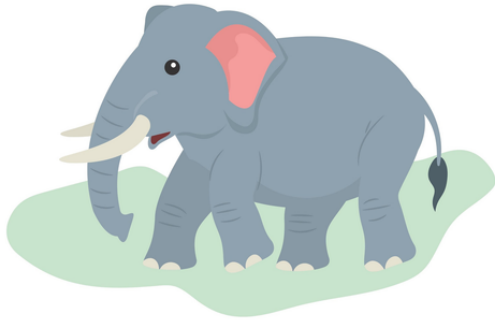
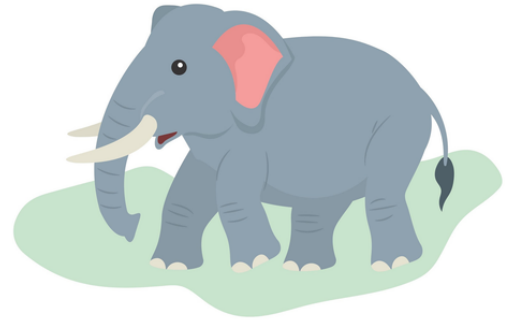


Elephant Breath



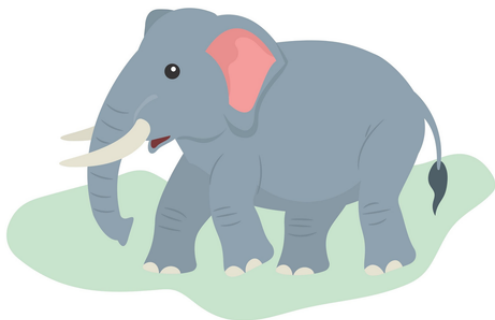
- Stand tall and with feet wide apart. Imagine your arms are the trunk of an elephant.
- Dangle your arms in front of you like the trunk of an elephant and interlock your fingers.
- As you breathe in through your nose, raise your arms above your head.
- As you breathe out through your mouth, swing your trunk down and relax your arms.

Elephant Breath



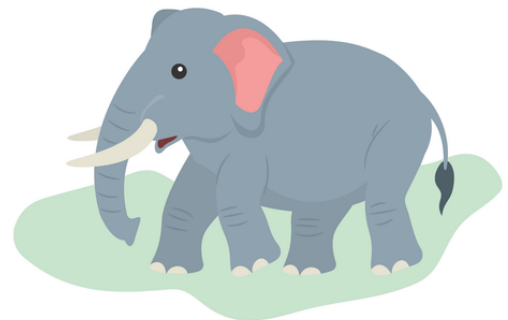
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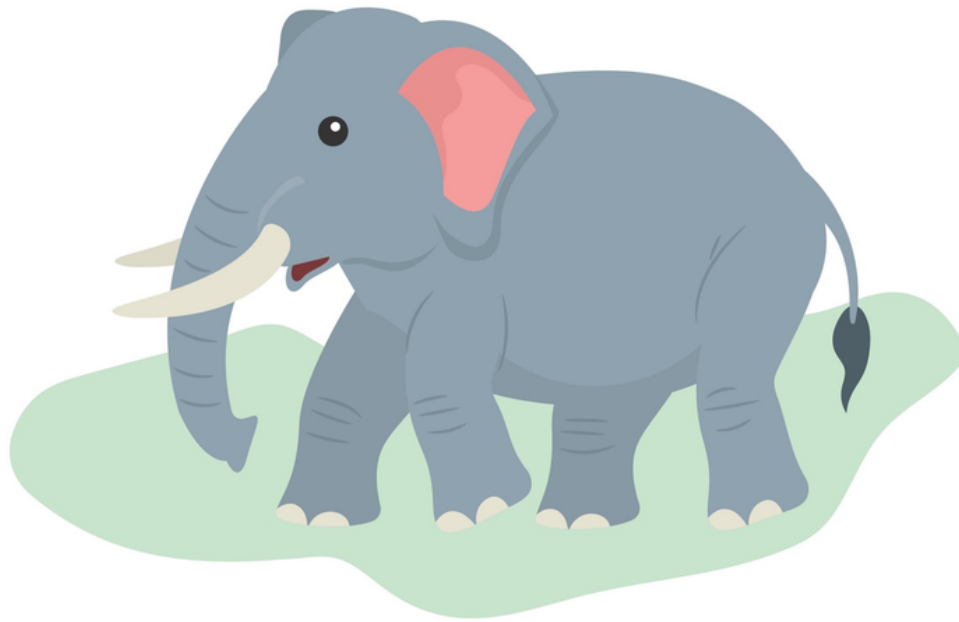
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