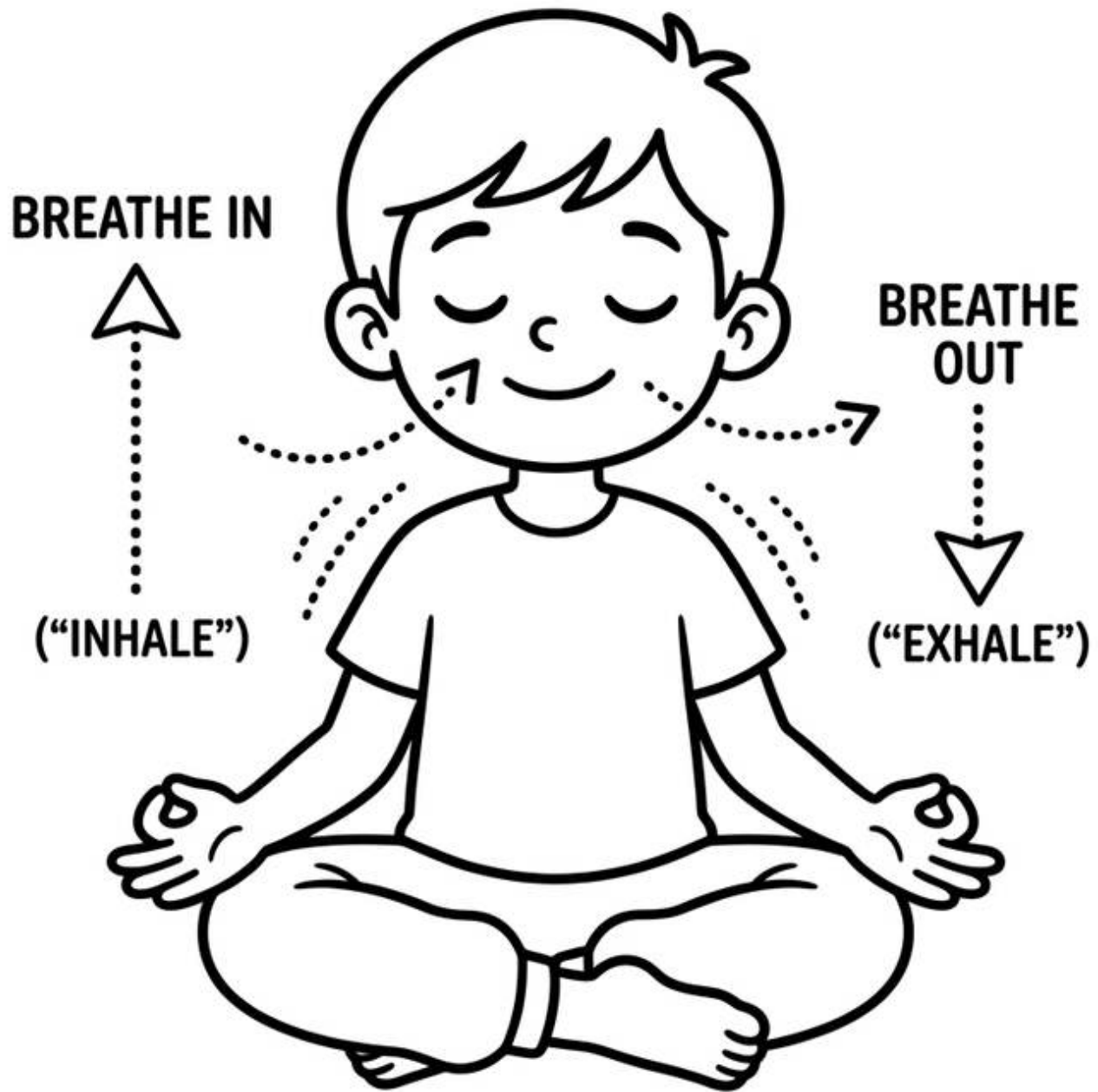


# MY LOTUS BREATHING GUIDE



① SIT  
CRISS-CROSS  
(LOTUS POSE)



② STRAIGHT  
BACK



③ HANDS  
ON KNEES



④ BREATHE  
SLOW!

