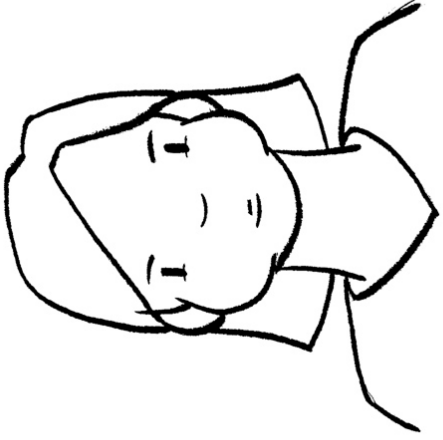
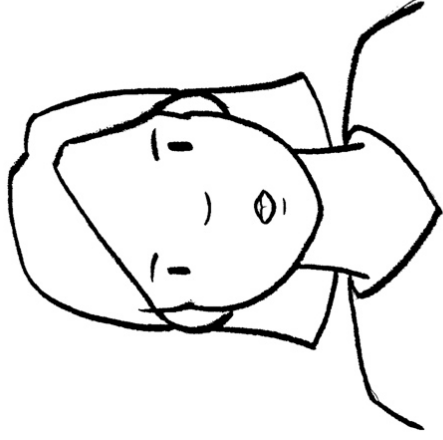


**INHALE THROUGH
YOUR NOSE**



**EXPAND
YOUR CHEEKS**



**EXHALE THROUGH
YOUR MOUTH**

FISH BREATH



OCEAN WISDOM

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