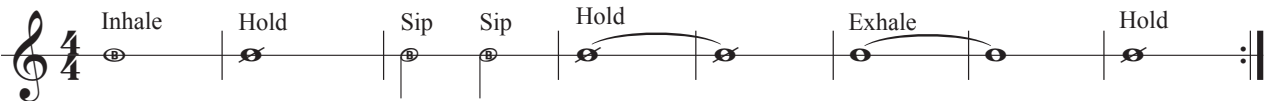


Breathing Exercise II

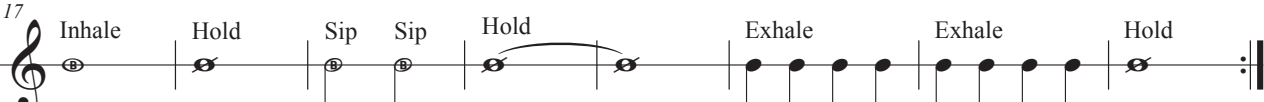
Basic inhale & exhale exercise to help you with better breath control
Make sure all movements of in and out are evenly controlled

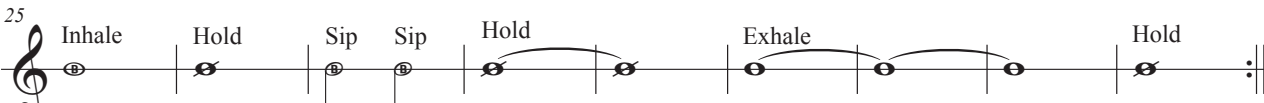
Chew Sze Gee


 $\text{♩} = 60-80$


1 

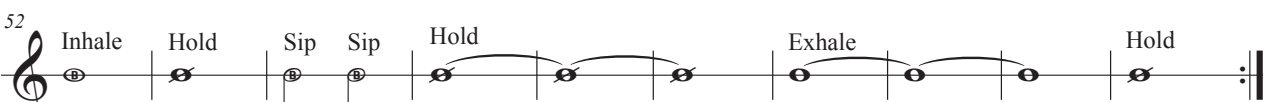
9 

17 

25 

34 

43 

52 

62 

72 