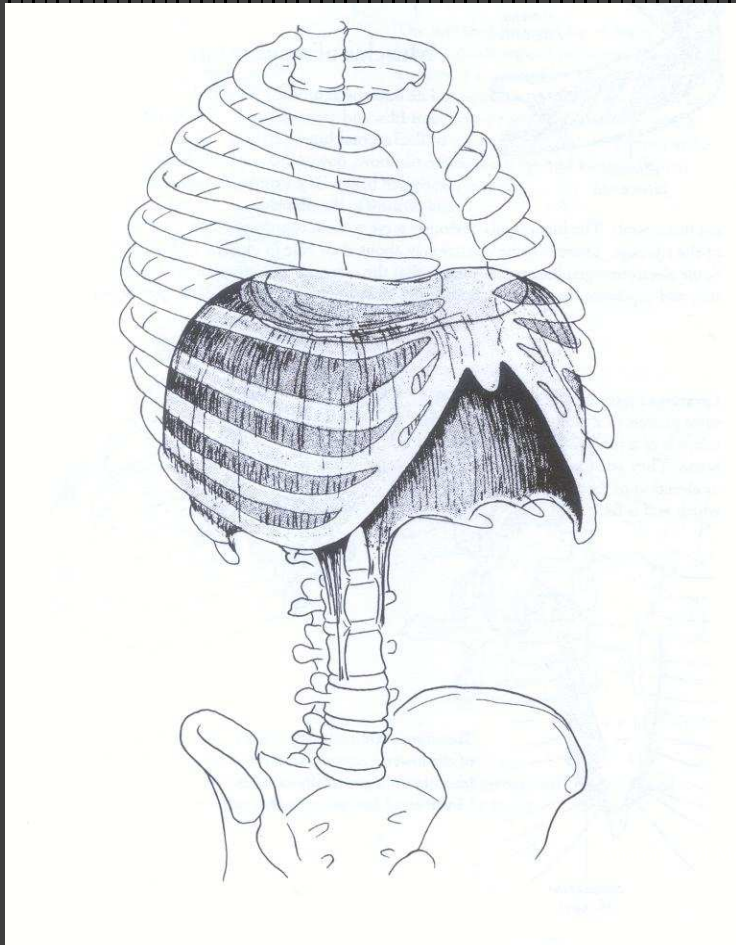


Balancing The Diaphragm



- Breathe up into the Solar Plexus
- all the way around to the Spine
- contract the internal muscles
- stretch the Spine
- hold your posture
- breathe out.