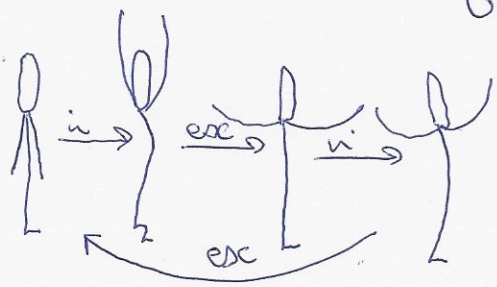
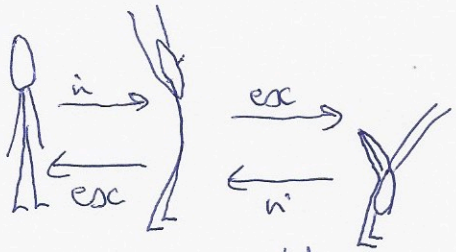
bronhana

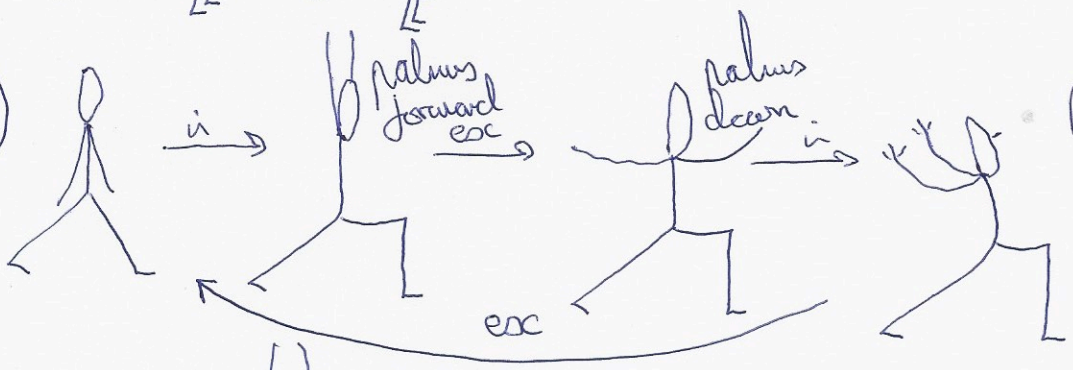
1) 

R4-6

explore inhale
let exhale be free

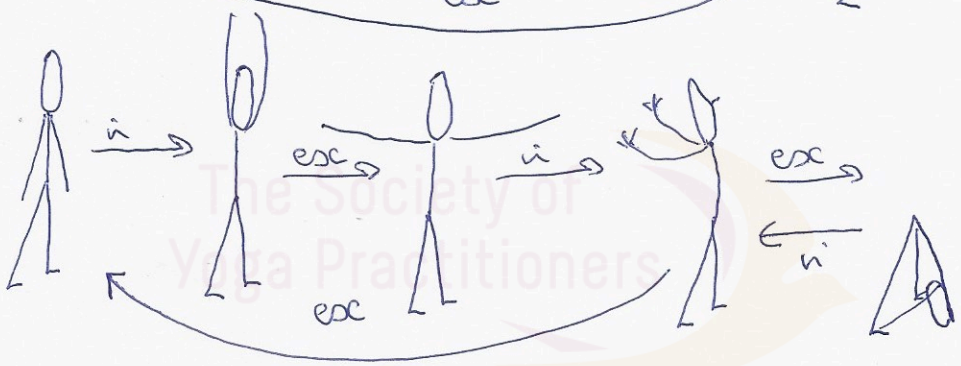
2) 

R4-6

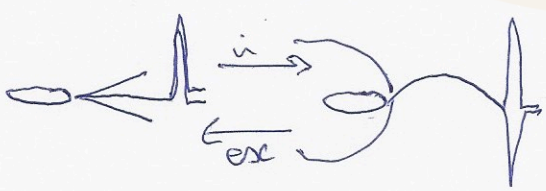
3) 

palmus up

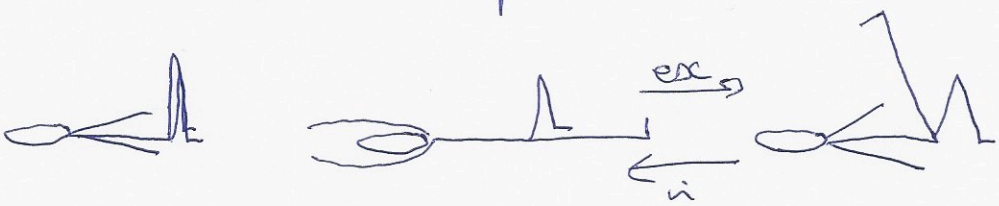
R4+

4) 

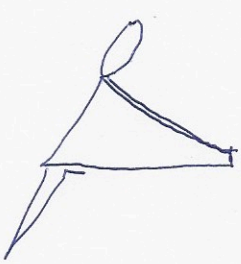
R4

5) 

R4S4

6) 

R4+

7) 

8 brs + free in - explore ab
free exc

8)

R8

9)

free in
brahman exc

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