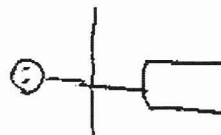
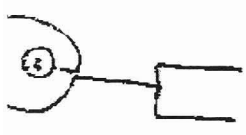

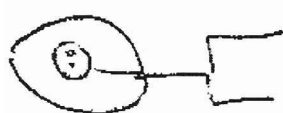
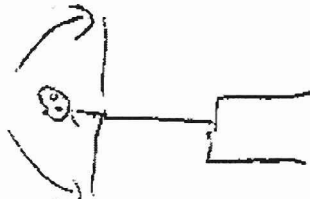

This
inhale
a bit
(lower lung)



is
inhale
a bit more
(middle lung)



My
inhale
to full
(upper lung)



Life!
exhale


Mine
inhale
all the
way up


To
exhale


"Improve"
hands
at head
in namaste


I Feel
inhale
arch back


Great!
exhale

"improve" can become any word... love enjoy, etc