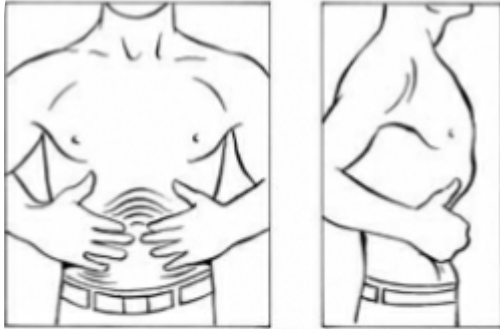
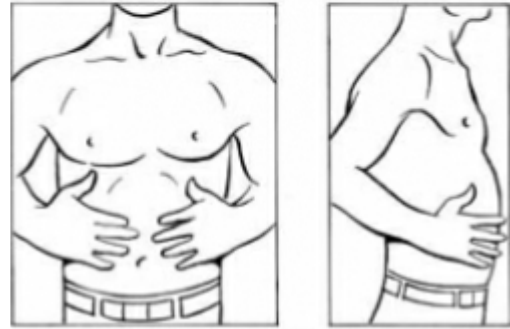


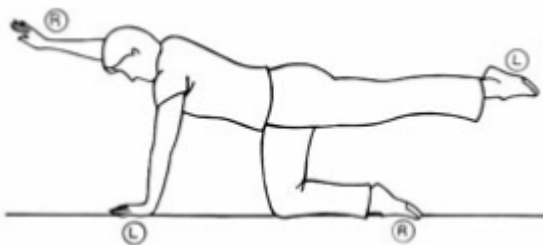
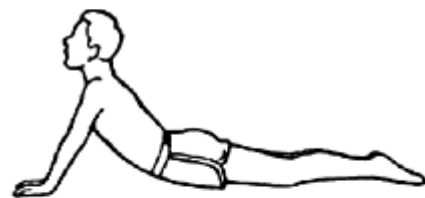
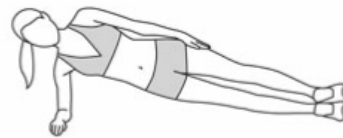
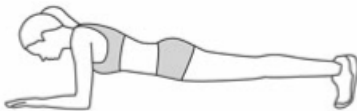
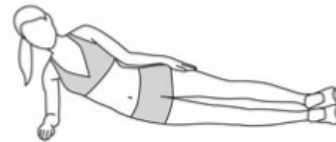
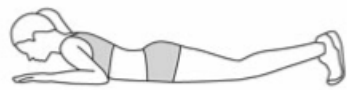
INTEGRAL HEALTH STUDIO CORE STRENGTHENING



BREATHING OUT (EXHALING) WITH THE DIAPHRAGM



BREATHING IN (INHALING) WITH THE DIAPHRAGM



If you experience recurring or sharp pain at any time, STOP & report to your doctor. You may need to modify the exercise. Only go to the point of comfort and not beyond.