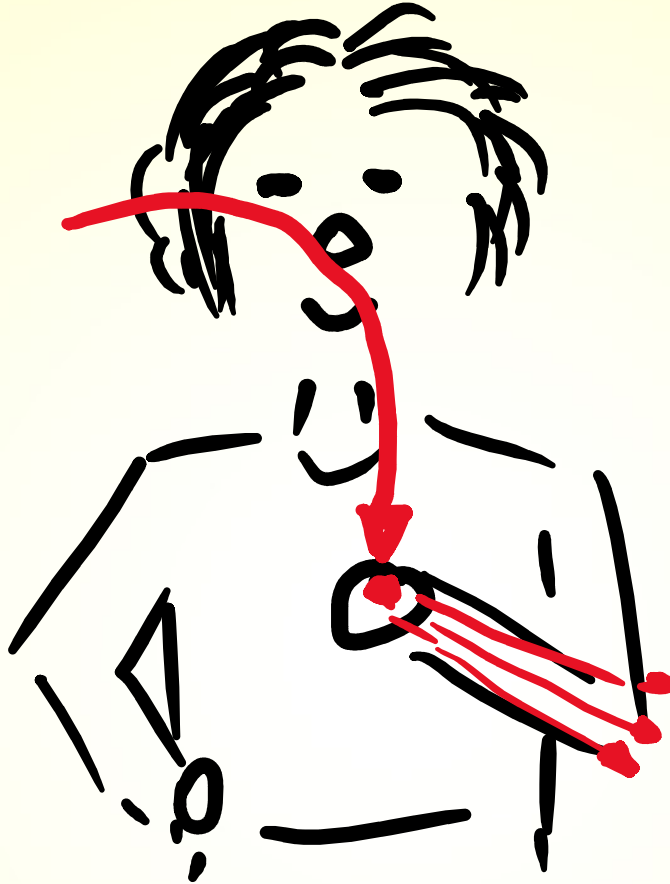


## Breathe Body Parts free



Visit a tense body part and breath  
out through it. Expand to breathe  
the whole-body tip to toe. Expand  
further to breathe the whole  
world.

## Breathe Body Parts free

Breath out through a foot, knee, belly, back wherever you feel tensions. Breath in fresh and clear air. With the outbreath, all tensions, itching and any unhealthy stuff leaves the body. Breathe out slowly so the body part can relax with each outbreath. Later breathe the whole body, fresh, clean air in, tensions and unhealthy stuff out. Later extend the breath to your environment, the planet and the universe.

Nice Videos: [Cantienica](#)