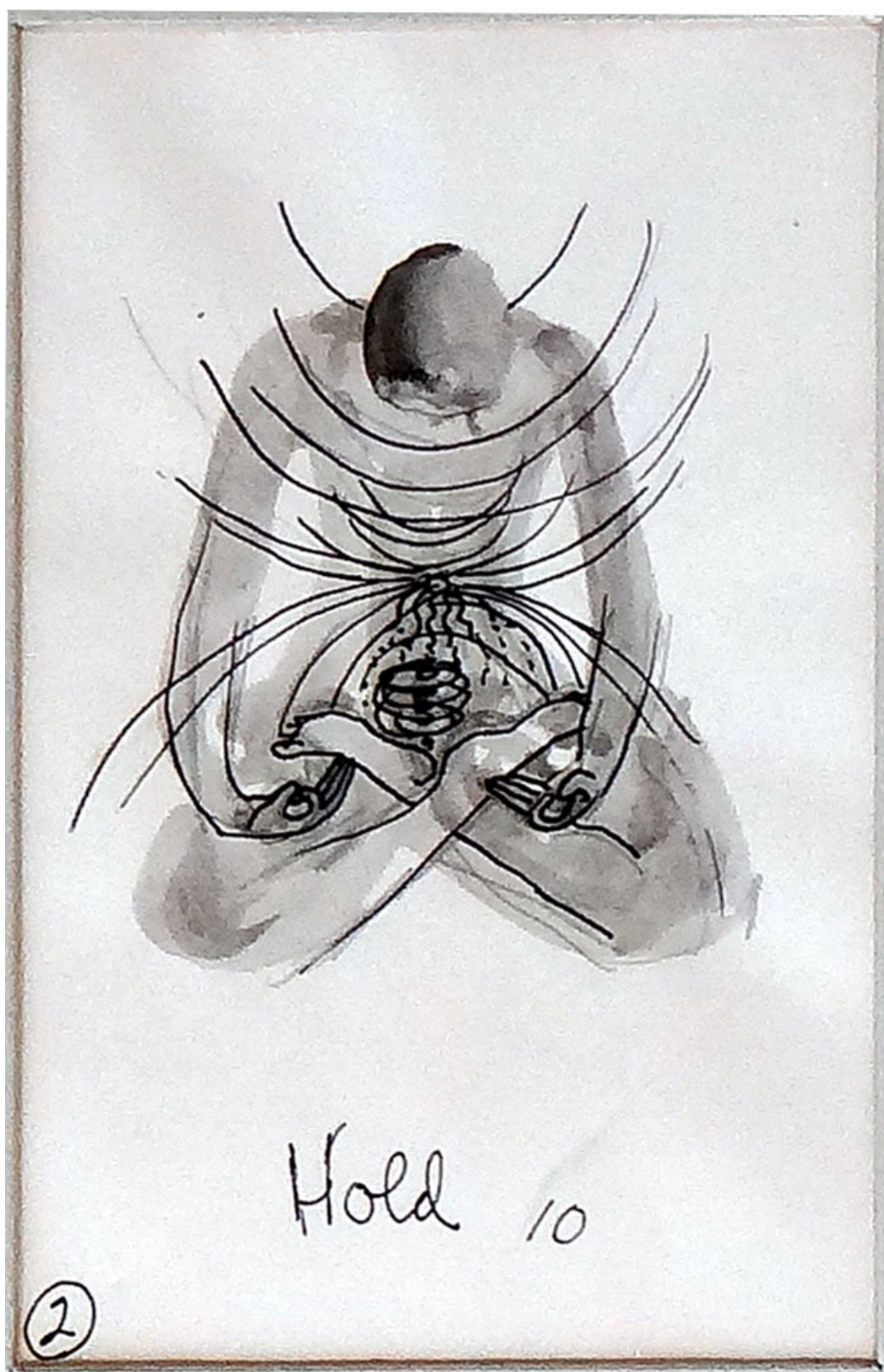


the next pages show process of
alternate ^(nostril) breathing coordinated
with currents in right/left hand/foot
or vice versa,

Coordinated with holding neck
+ ass locks after breathing in
and flexing diaphragm after
breathing out. Seems to be
marvelously purifying

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Spring 1977









altNostrilBreathing_0003_Layer 5.jpg





