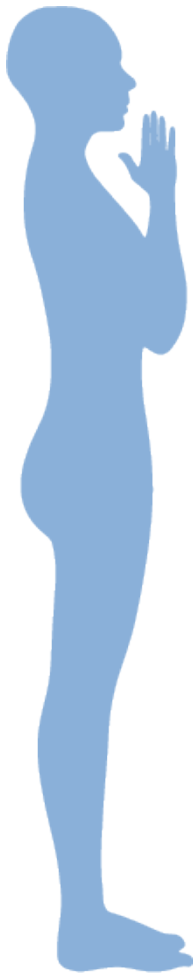




## The Practice of Posture & Breath



1. Soften and relax your posture.
2. Put your attention on your breathing.
3. Maintain this focus as you continue to breathe and relax tension in your body.