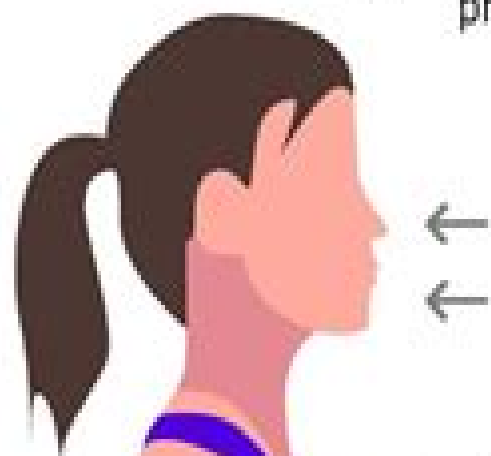
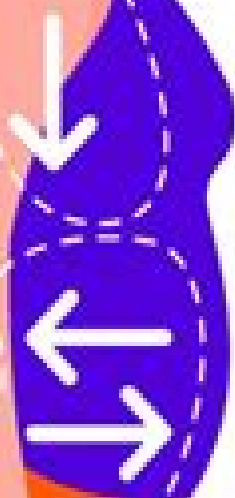


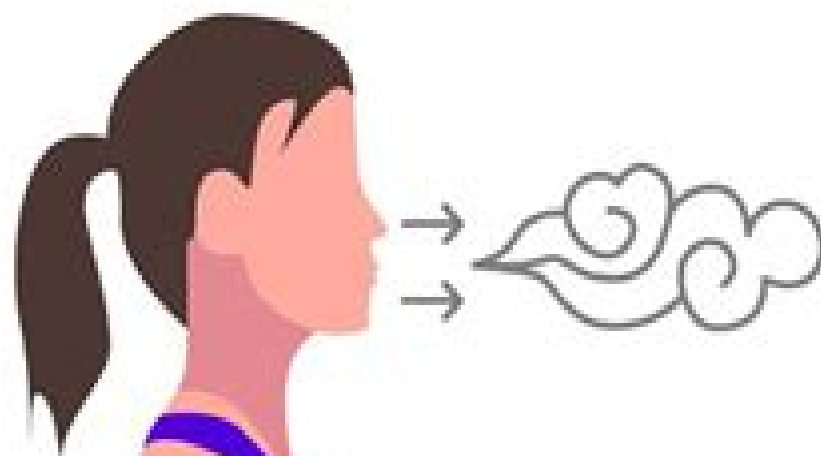
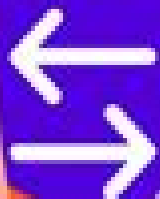
1 Inhala lenta y profundamente



2 Llevo el aire hasta el fondo de los pulmones



3 El abdomen se levanta



4 Exhala y controle el estómago



Relajacion Y Respiracion

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