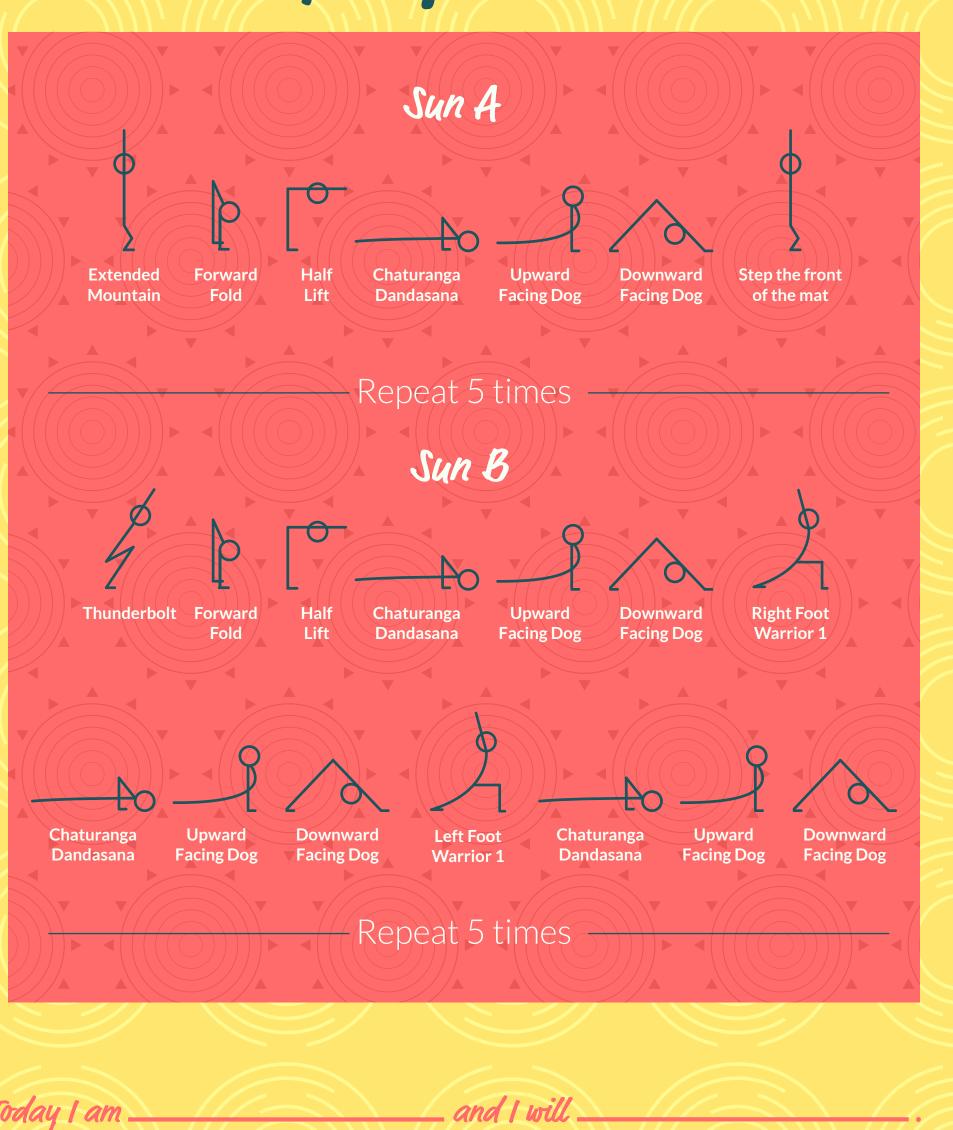
## Asana, Inquiry & Meditation



Breathe in for four counts, and breathe out for four counts. Pause or hold breath between the inhale and the exhale. Do this several times until the breath finds a rhythm.

