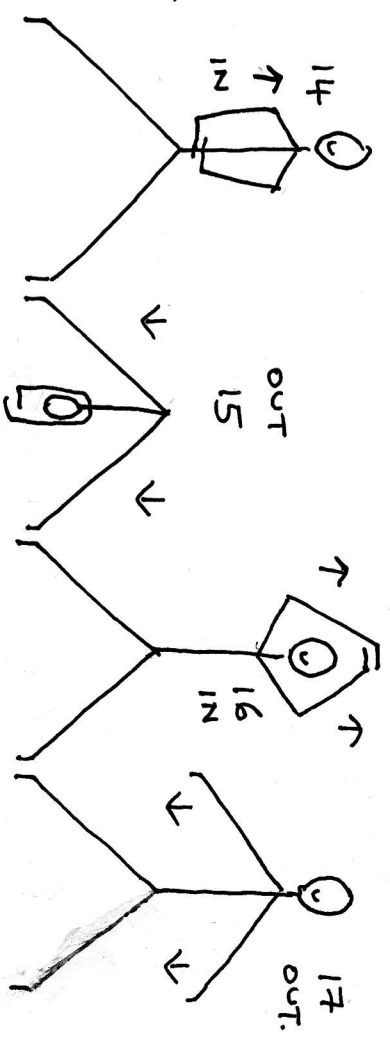
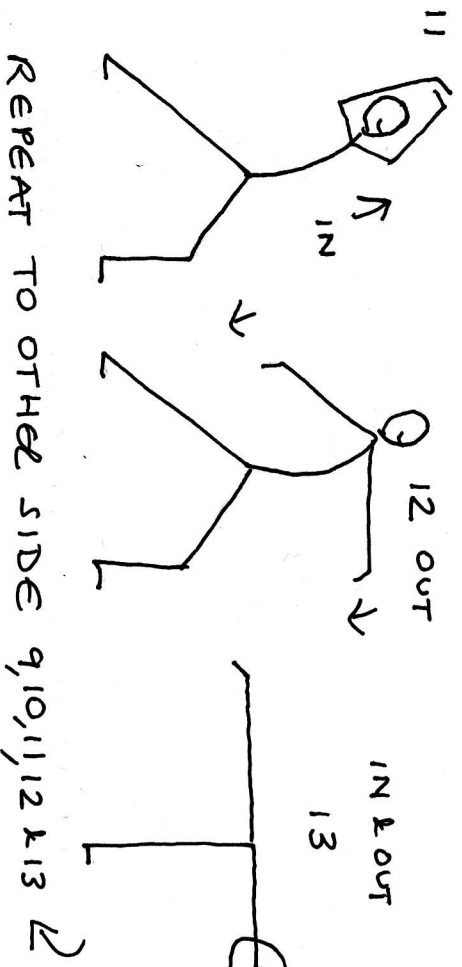
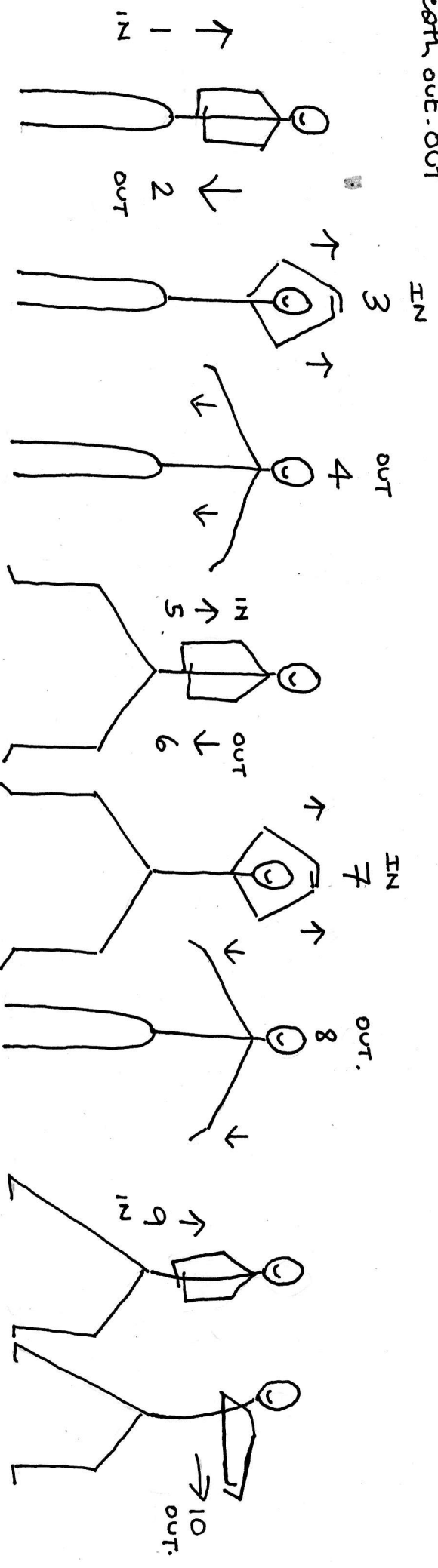


SALUTATIONS TO THE EARTH

Breath in - IN

Breath out - OUT



REPEAT TO OTHER SIDE 9,10,11,12 & 13 2

18 = REPEAT 1, 2, 3 & 4 END WITH 2

