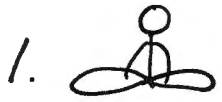
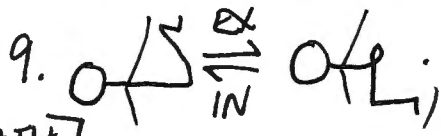


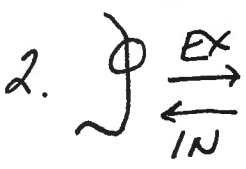
PHYSIOLOGY -



1. TUNE IN
PANCA MAYAS



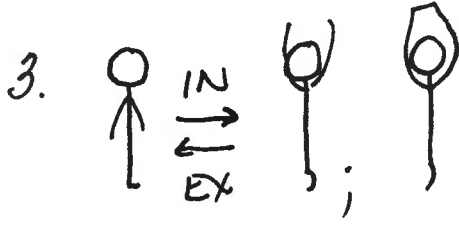
2x
4B stay



[ENVELOPE OF BREATH]

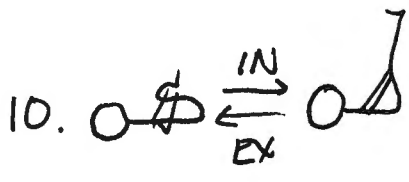
↑ IN + EX

↑ EX = 6, 8"
Ⓢ = 2, 3"

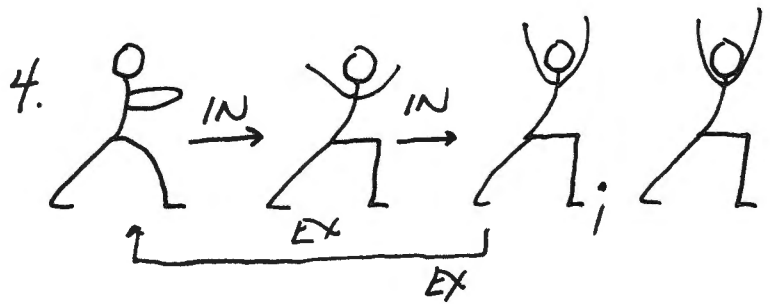
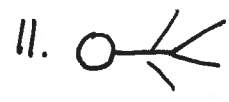


Ⓢ 2, 4"
3x each

• stay 2B w/ 4" R



4-6x

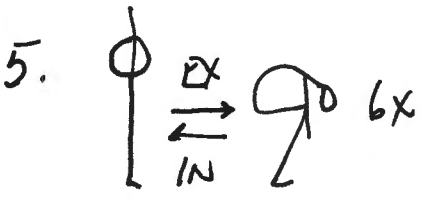


Ⓢ IN
• 4, 5, 6"
• stay 2B
6" IN

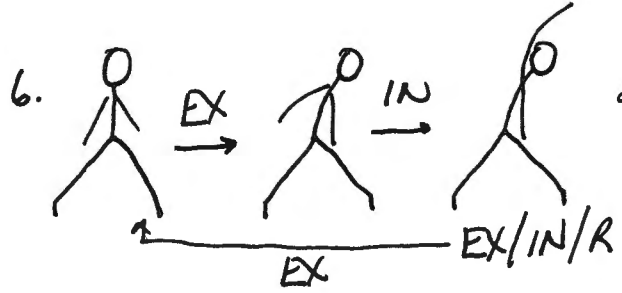


• TUNE IN
TOLERATE / AWARE OF
SENSATIONS / FEELING

6 · 2 · 8 · 2	2x
6 · 4 · 8 · 2	2x
6 · 4 · 10 · 2	2x
8 · 4 · 10 · 4	2x
8 · 4 · 12 · 4	4x
6 · 0 · 8 · 0	



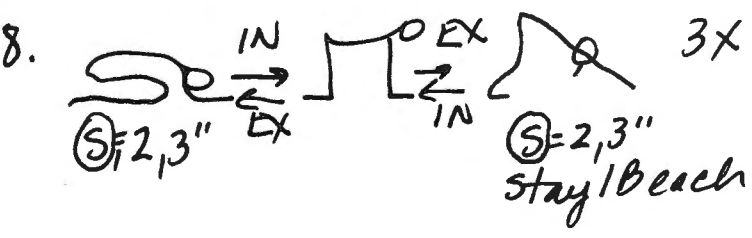
6x



3x each, alt.



Ⓢ EX 6, 7, 8"
STAY 2B 8" EX
Ⓢ = 2"



3x

Ⓢ = 2, 3"
EX

Ⓢ = 2, 3"
stay 1B each

Brahma → Lughana | Breath to Δ Physiol | Focus Mind | ↑ CIRC |
2-1-3-1