

## PERSONAL STORIES

I loved all the stances but out of all of them the crane was my favorite cause I felt peaceful it was like I was walking on air I felt free but I'm excited to try this at home because sometimes I'll get in a fight with my brother and I usually always lose the fight but a way I can calm down by doing some Qigong.



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When I play hockey I try to breathe fast so I can skate as fast as I can. If I stop breathing right I slow down because I lose energy. Then my coach would call me to the bench because I slow down. When I get to the bench I drink water to rehydrate.

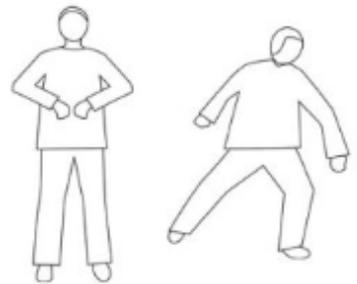


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# Beathing M.

The breathing class was good because we did the breathing exercise the bear and the tiger my favorite is the bear. Also I had a small stack of put you do the exercise then breath.

Bear



## PERSONAL STORIES

I can breath to, be heathy in the future. I can do poses to breath. If you can master breathing you could do things like puff up your belly. You could even stretch beter. You could also have better posture you could be comer. you can make people com. too.



PRANAYAMA



Breathing Matters LMT 2306

breath

## PERSONAL STORIES

I think breathing is supper good  
how do I know because I am  
a black belt in tekwondo  
for one year we worked on  
breathing. We learned when  
we are fighting how to breath  
strong it helped so much beca.  
If you don't you will pass  
out so today when I get  
scared I know how to breath.

