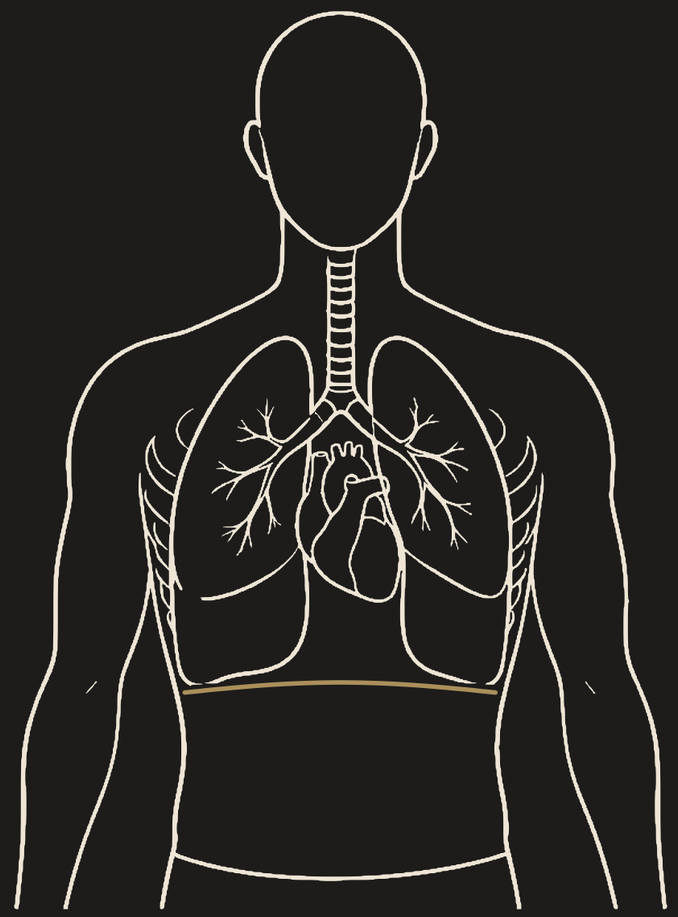
AQUARIAN ALCHEMY · THE AIR ELEMENT

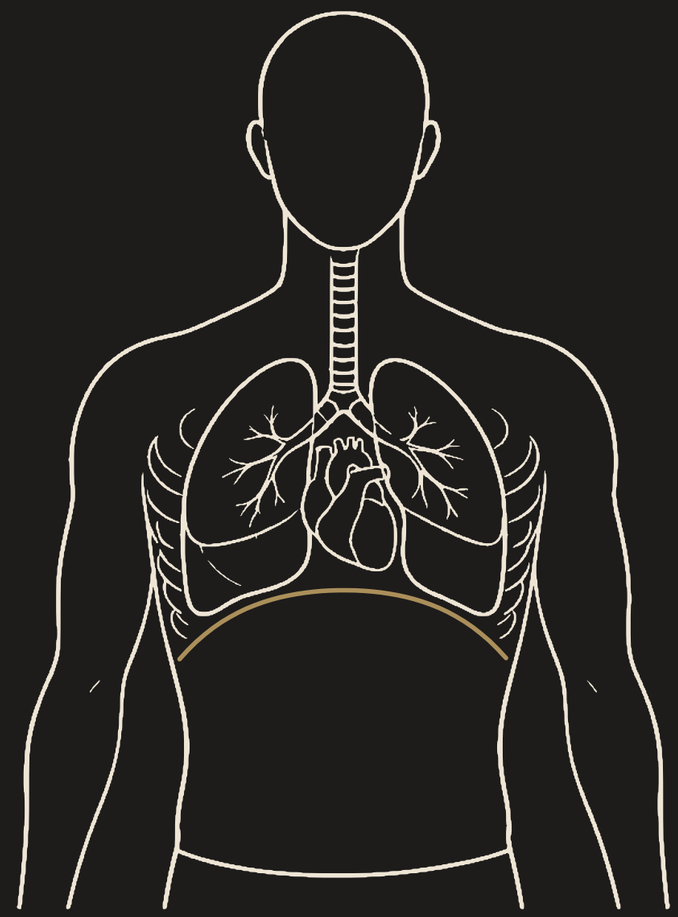
ANATOMY OF ONE BREATH

Every breath begins with movement.



1 · INHALE

Your diaphragm moves down. Your ribs expand. Pressure falls, drawing air into your lungs.



2 · EXHALE

Your diaphragm relaxes upward. Your ribs settle. Pressure rises, allowing air to flow out.

Belly breathing doesn't mean air enters your stomach. Your abdomen moves as your diaphragm shifts.

A comfortable breath doesn't need to be deep or forced.
