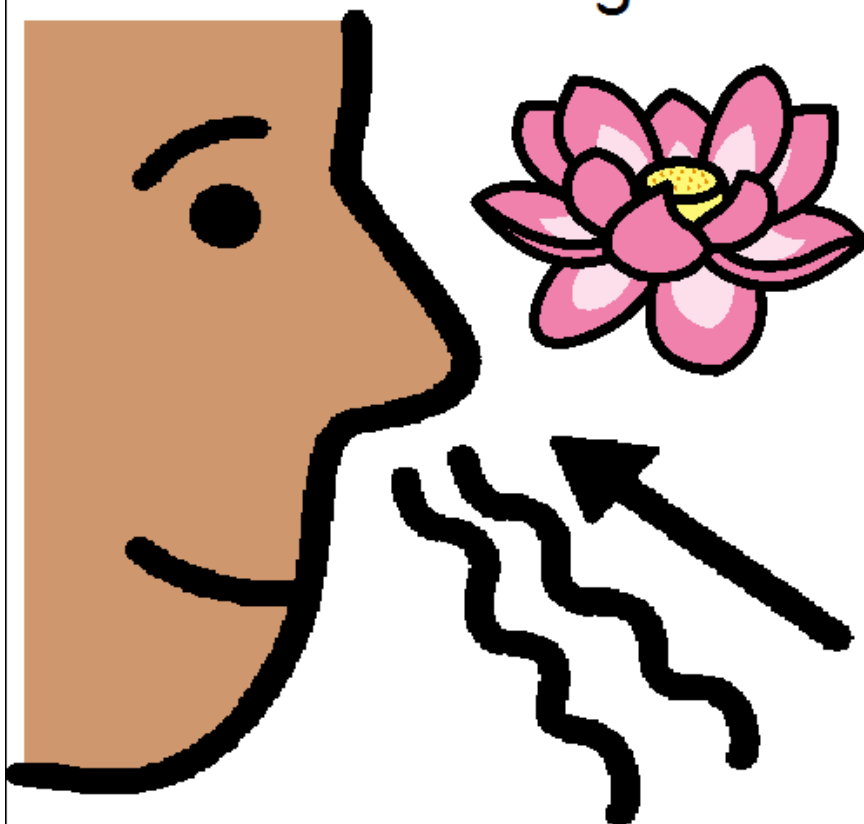


breathe in through nose



blow out of mouth

