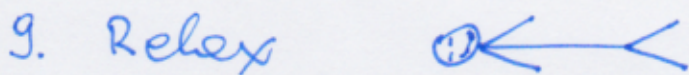
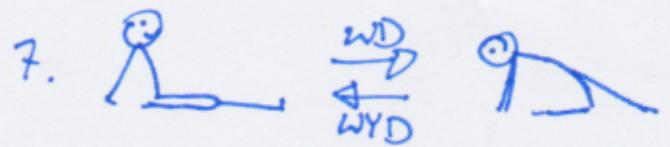
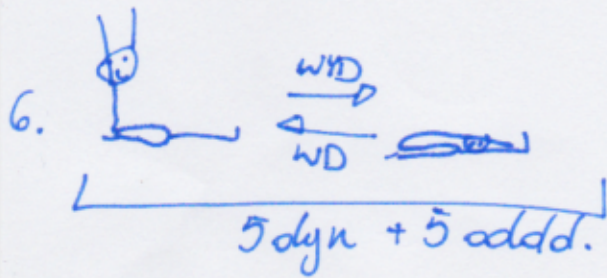
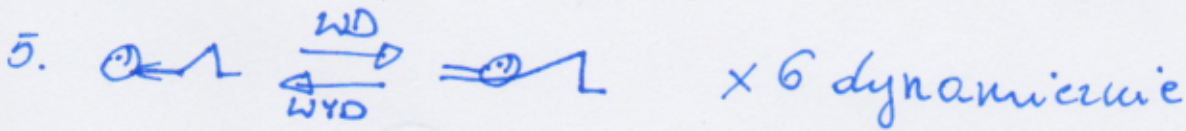
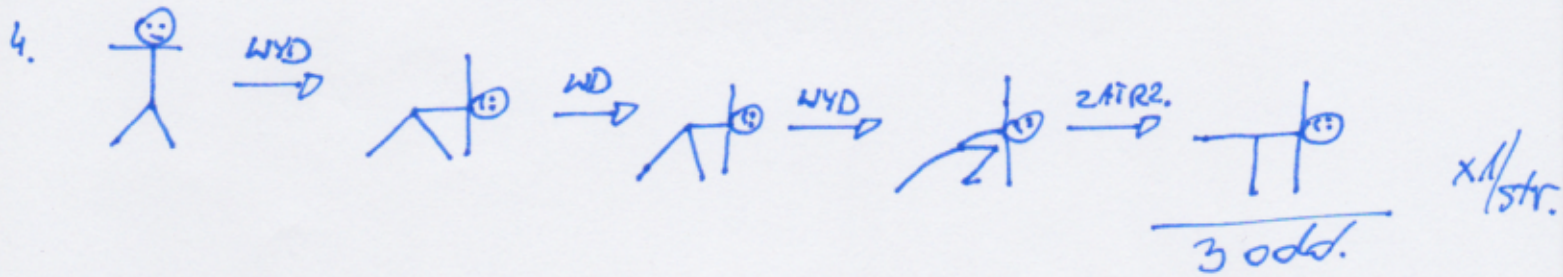
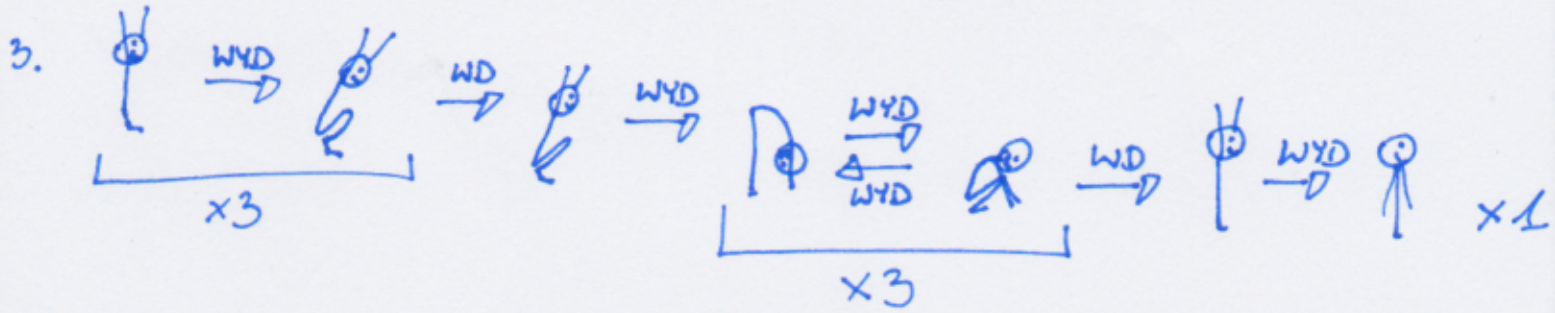
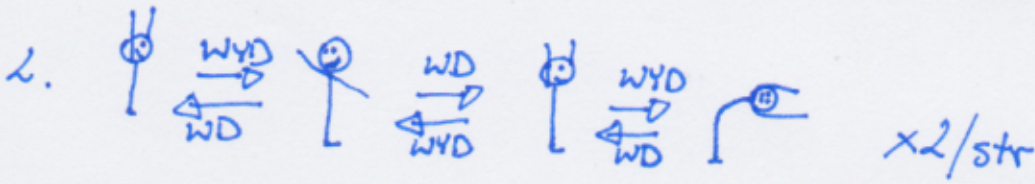
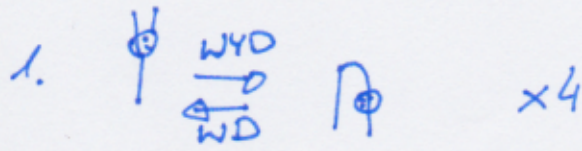
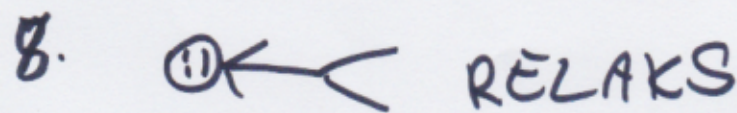
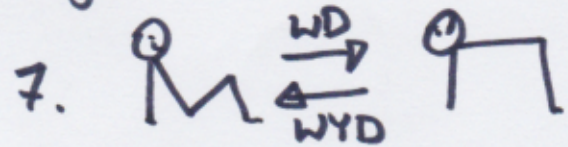
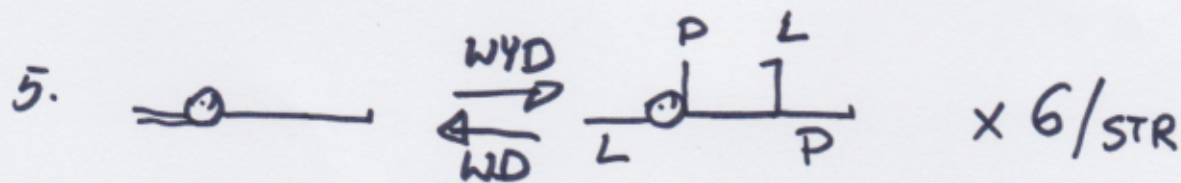
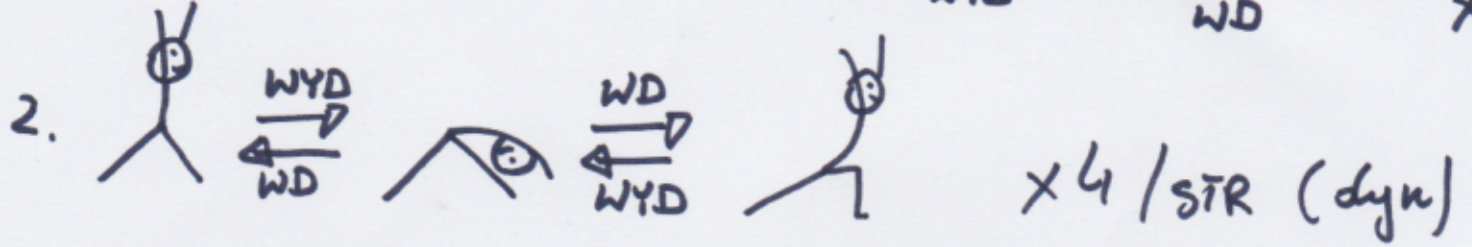
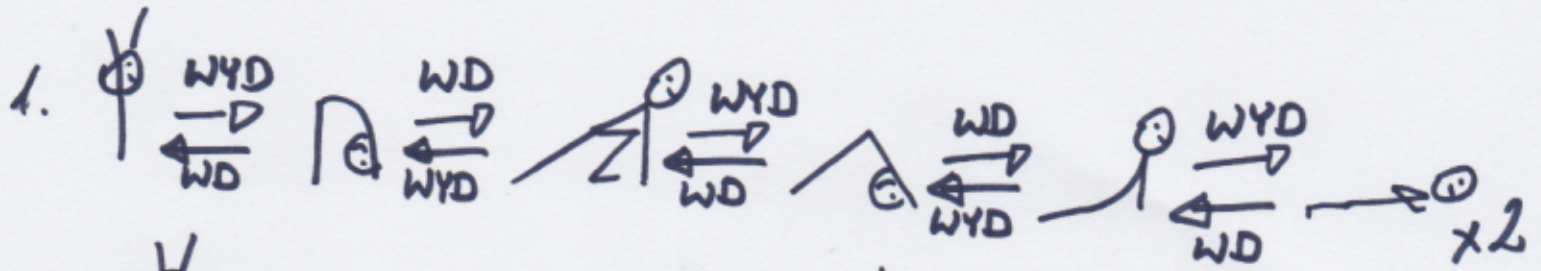
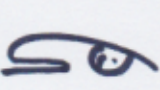
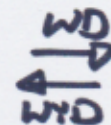
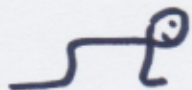


WDECH - nos
 WYDECH - usta





WD - wiem, że robię wddech
 WYD - wiem, że robię wydech


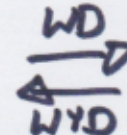

1.    x4


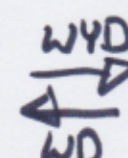

2.  4 odd.

3.      x3

4.    x4 /STR (dyn.)

5.    x4 /STR (dyn.)

6.   

7.   

SKRĘT W STR. NOGI
Z PRZODU
x3 dyn.

8. 

9.  RELAX

WYDECH BRAHMARI