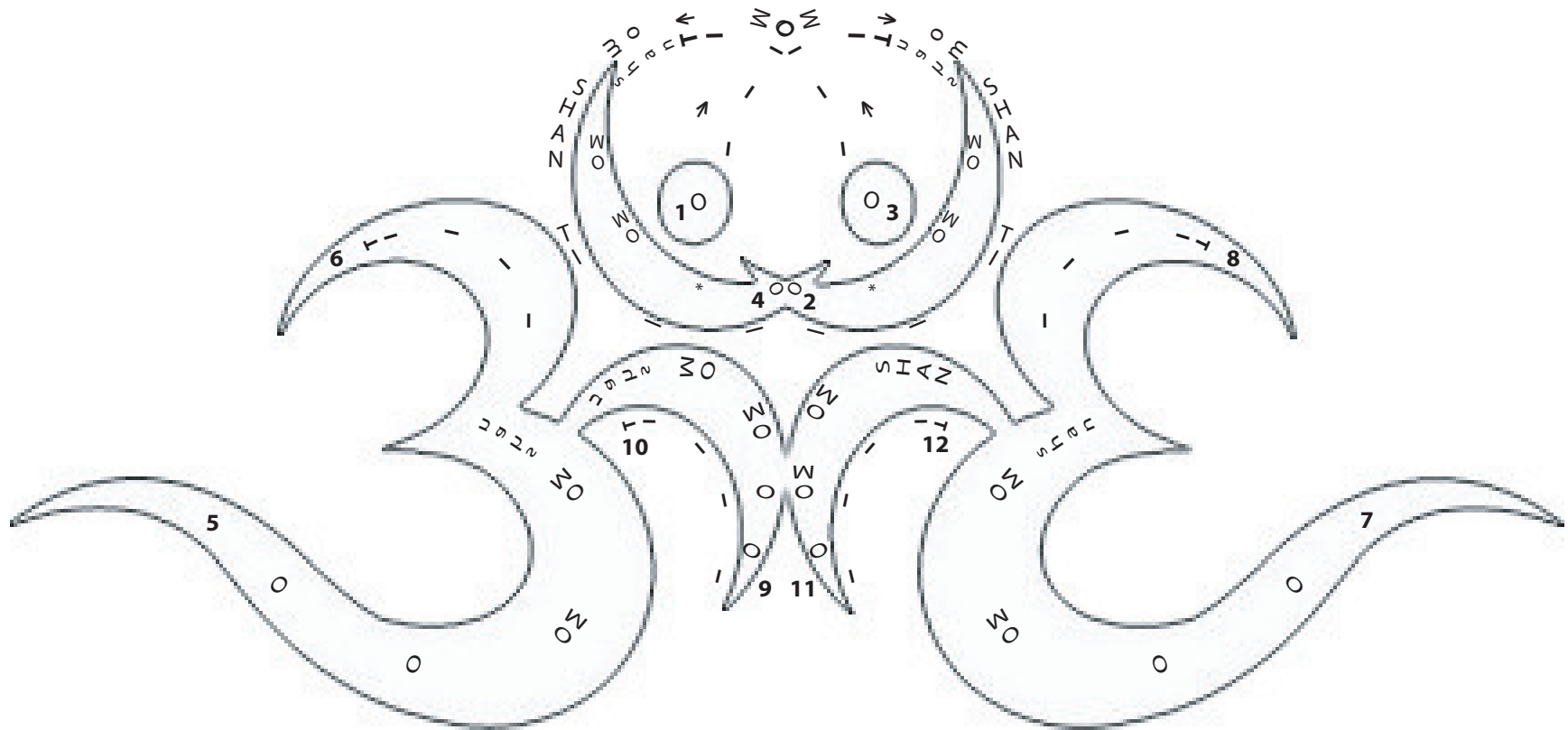


OM Shanti BreathDancers



This stylized and reflected Sanskrit OM symbol creates a balanced mandala wherein two Dancers are being and breathing six breath cycles together. Each inhale and exhale are 4 beats. Every capitalized syllable is 1 beat; also any * or † symbol counts as 1 beat. Every lowercase syllable is on the upbeat. Start inhaling at the **1** inside the left Dancer's head. Proceed thru all the numbers until **12**. Every odd number is an inhale and every even an exhale.