

THE BREATHER™

ONE DEVICE - MANY THERAPIES

PRE-SESSION CHECKLIST

Before you begin, check out:

[Lesson 02: Using & Cleaning The Breather](#)

<http://www.pnmedical.com/lessons/lesson-2/>

- How do I feel now**
- Posture**
- Dials are set**
- Diaphragmatic Breathing**
- Mouthpiece to your mouth**
- Pace yourself**



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