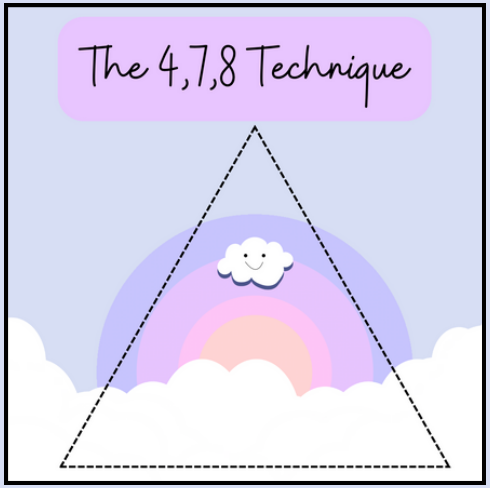
Breathing & grounding techniques

Here's the Alumina team taking you through a few techniques you can try

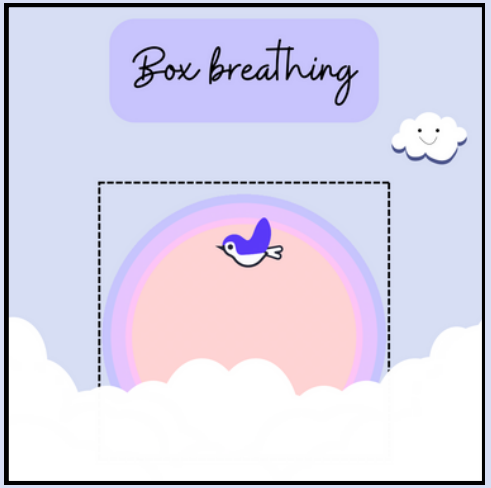




Press Play.



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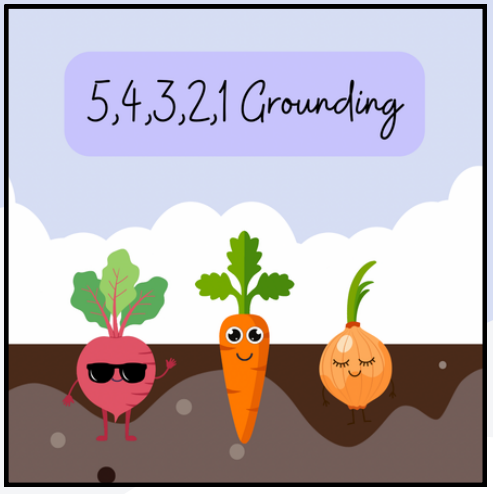
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