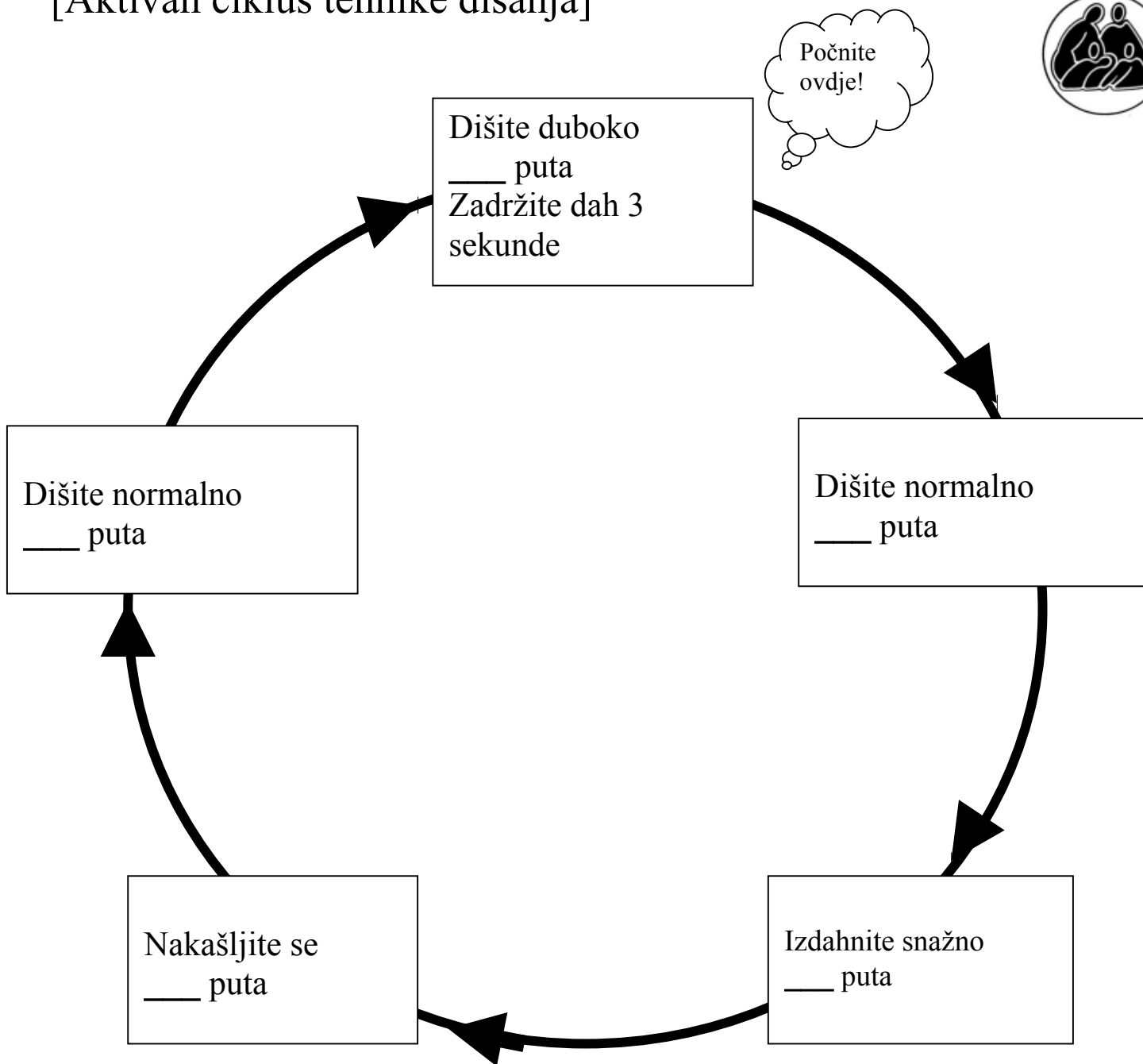


# ACBT – Active Cycle of Breathing Technique

[Aktivan ciklus tehnike disanja]



**Ponovite \_\_\_ puta  
Svaki sat vremena**

- Legnite na lijevu stranu
- Legnite na desnu stranu
- Sjedite uspravno