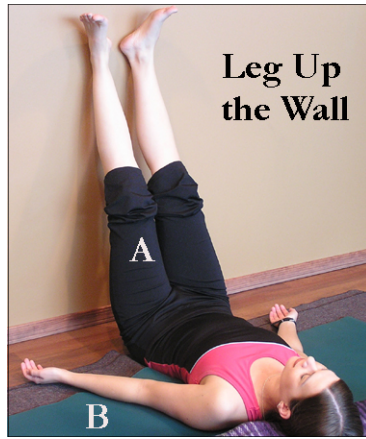
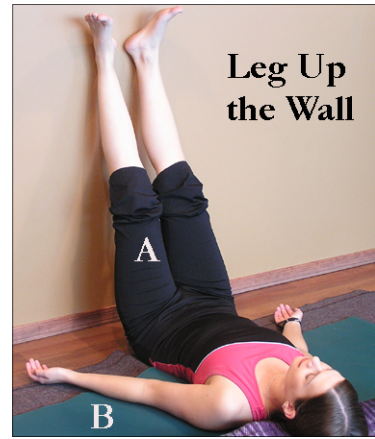


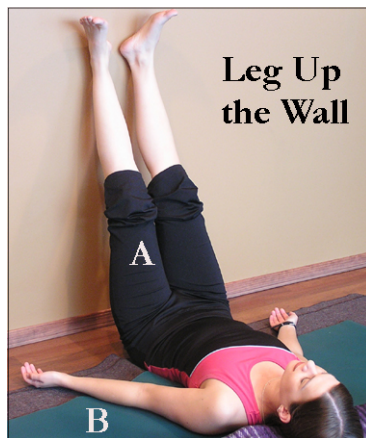
- A. Knees straight with almost no stretch in the back of the legs.
- B. Palms up and open
- C. Neck comfortably supported and face level with the floor.
- D. May use book on lower abdomen.
- E. To exit, slide heels down the wall, bending knees; then roll to your side.
- F. Repeat for ____ minutes ____ times per day.
- G. Caution: Not to be done if you have uncontrolled high blood pressure, glaucoma, hiatal hernia or are menstruating.



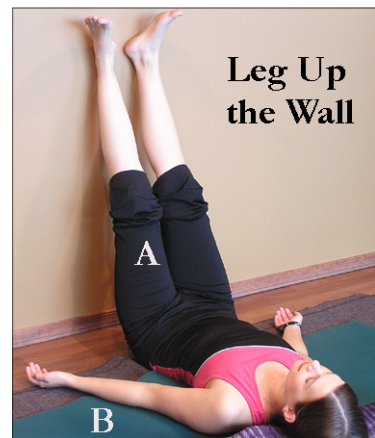
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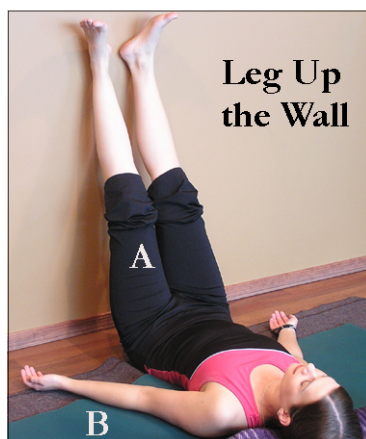
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