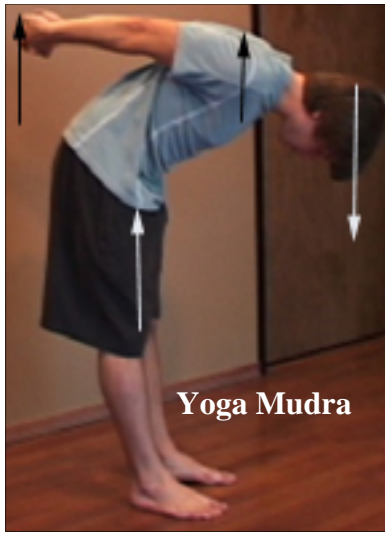
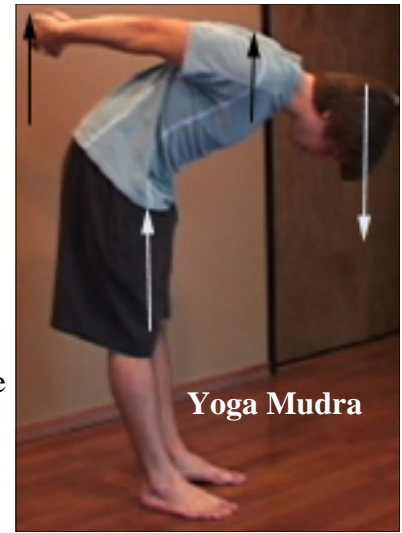


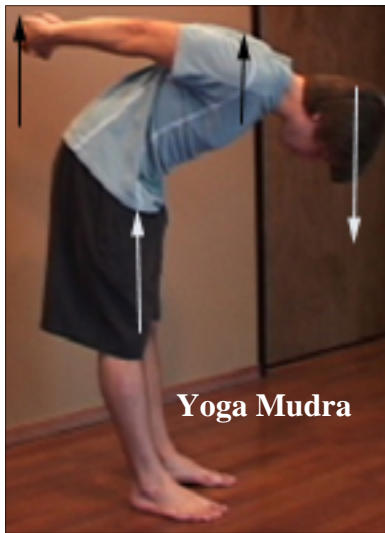
- Begin with legs hip width apart, keeping all toes pressing onto the ground without gripping and pressure distributed evenly on the feet.
- Fold hands behind your back and roll shoulders and elbows back opening the chest and breathe deeply, keep spine long letting the head fall forward to open the neck.
- Inhale back up after ___ breaths. Repeat ___ times. ___ times/day.



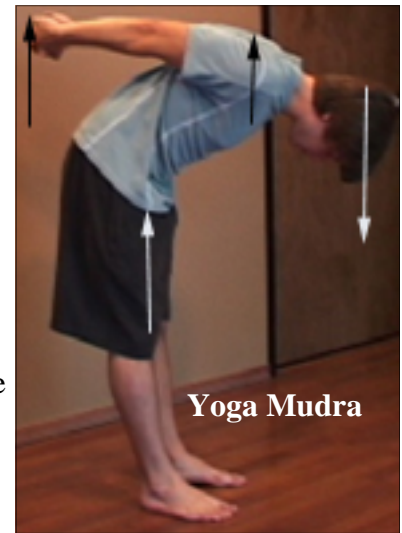
- Begin with legs hip width apart, keeping all toes pressing onto the ground without gripping and pressure distributed evenly on the feet.
- Fold hands behind your back and roll shoulders and elbows back opening the chest and breathe deeply, keep spine long letting the head fall forward to open the neck.
- Inhale back up after ___ breaths. Repeat ___ times. ___ times/day.



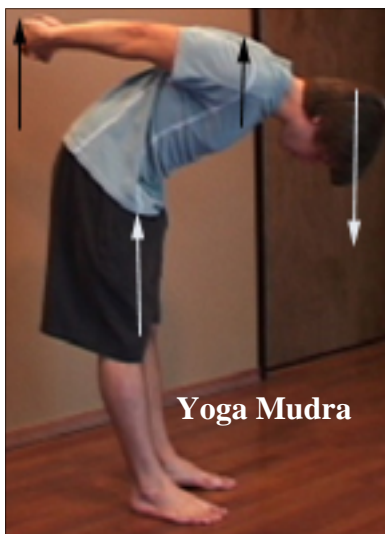
- Begin with legs hip width apart, keeping all toes pressing onto the ground without gripping and pressure distributed evenly on the feet.
- Fold hands behind your back and roll shoulders and elbows back opening the chest and breathe deeply, keep spine long letting the head fall forward to open the neck.
- Inhale back up after ___ breaths. Repeat ___ times. ___ times/day.



- Begin with legs hip width apart, keeping all toes pressing onto the ground without gripping and pressure distributed evenly on the feet.
- Fold hands behind your back and roll shoulders and elbows back opening the chest and breathe deeply, keep spine long letting the head fall forward to open the neck.
- Inhale back up after ___ breaths. Repeat ___ times. ___ times/day.



- Begin with legs hip width apart, keeping all toes pressing onto the ground without gripping and pressure distributed evenly on the feet.
- Fold hands behind your back and roll shoulders and elbows back opening the chest and breathe deeply, keep spine long letting the head fall forward to open the neck.
- Inhale back up after ___ breaths. Repeat ___ times. ___ times/day.



- Begin with legs hip width apart, keeping all toes pressing onto the ground without gripping and pressure distributed evenly on the feet.
- Fold hands behind your back and roll shoulders and elbows back opening the chest and breathe deeply, keep spine long letting the head fall forward to open the neck.
- Inhale back up after ___ breaths. Repeat ___ times. ___ times/day.

