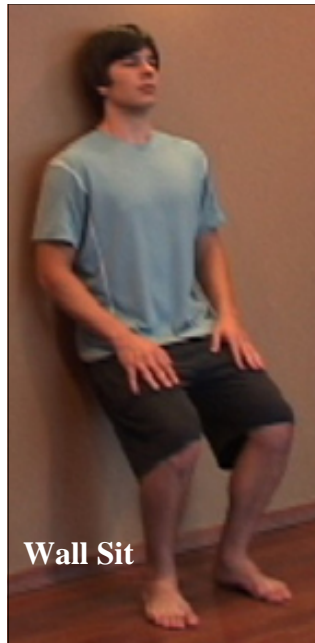
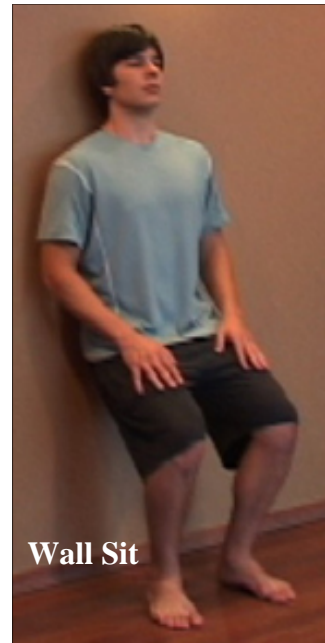


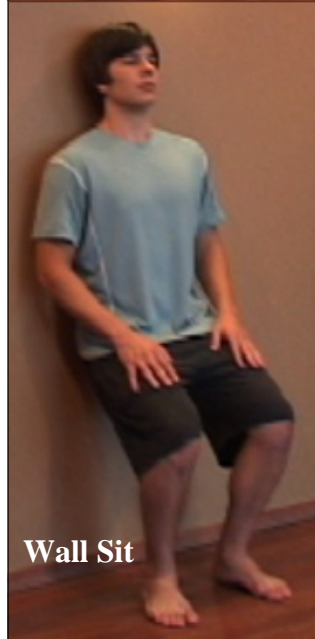
- Begin with legs hip-width apart, feet active and pressure distributed evenly.
- Slowly slide down the wall keeping knees aligned over the center of the feet and thighs active.
- Breathe deeply and keep spine long, shoulders square as you sense body releases and work.
- Repeat ___ breaths. Inhale back up. Repeat ___ times.
R L Both sides.
___ times/day.



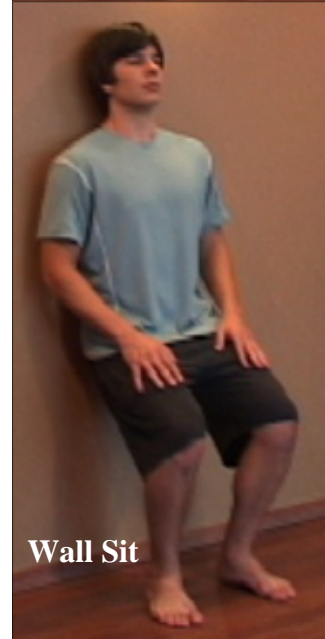
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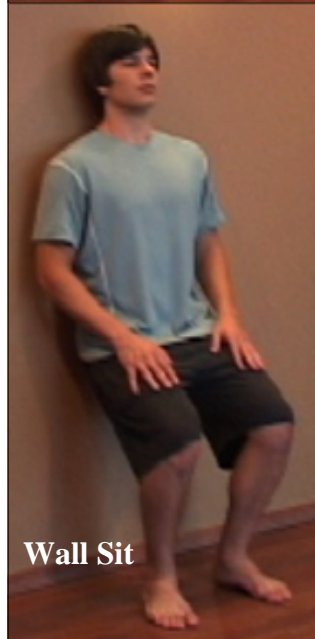
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