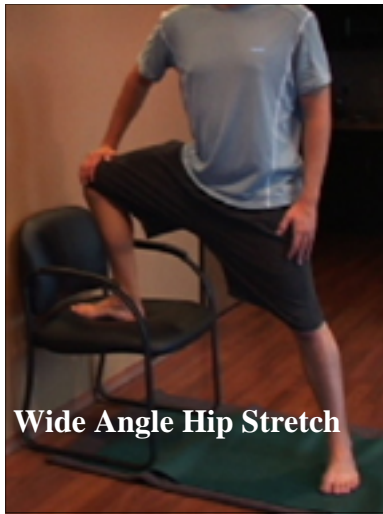
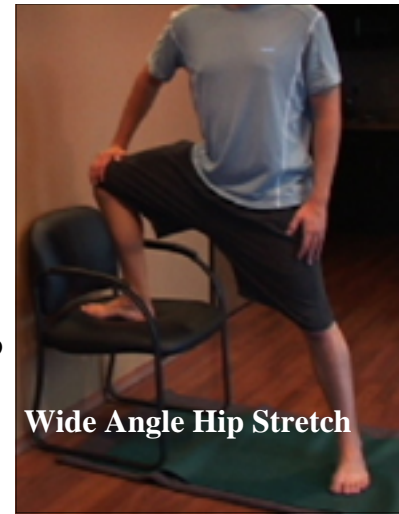


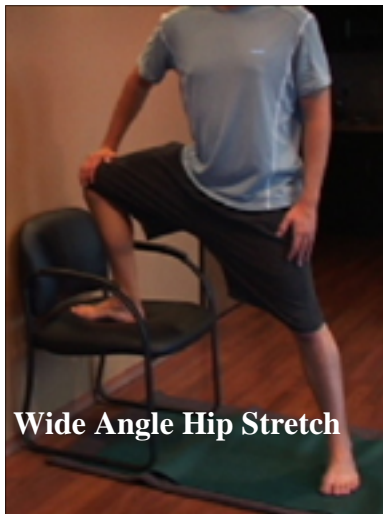
- Begin with one foot up on stable surface turned out 90 degrees.
- Keep equal weight both legs, rolling both thighs outward and grounding feet down.
- Breathe deeply and keep spine long, shoulders square.
- Repeat ___ breaths.
R L Both sides.
___ times/day.



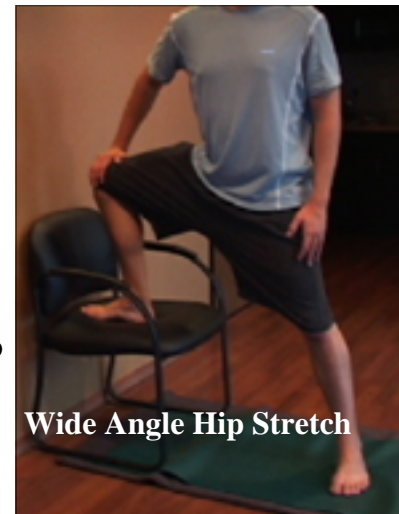
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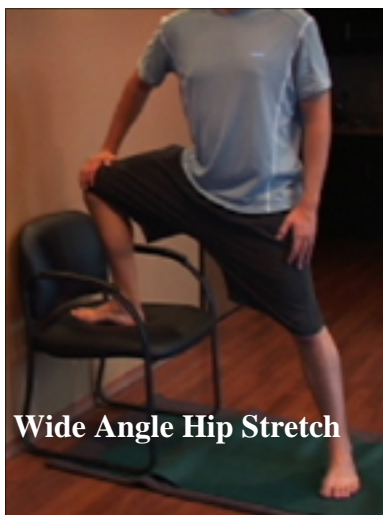
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