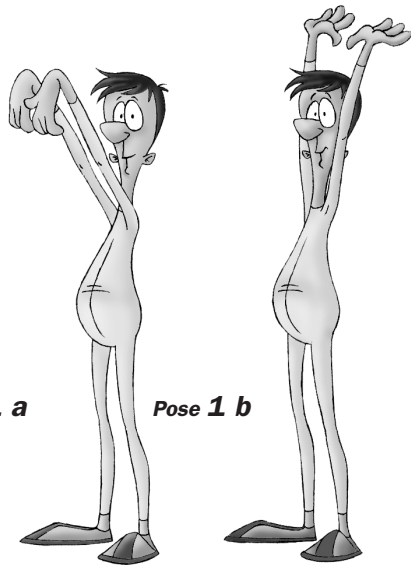


# Stretching



*Pose 1 a*

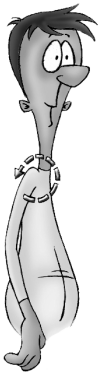
*Pose 1 b*



*Pose 2*



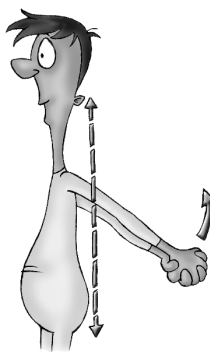
*Pose 3*



*Pose 4 a*



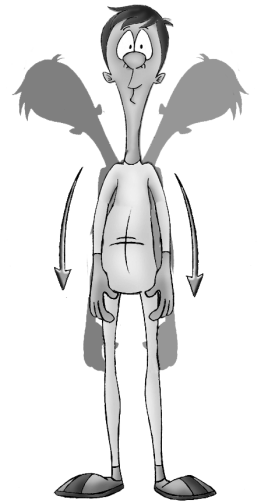
*Pose 4 b*



*Pose 5*



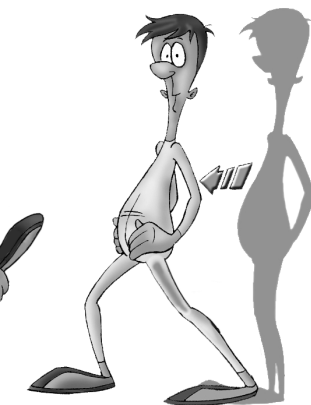
*Pose 6*



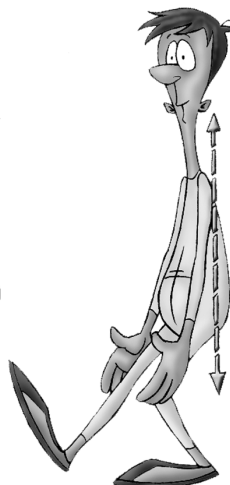
*Pose 7*



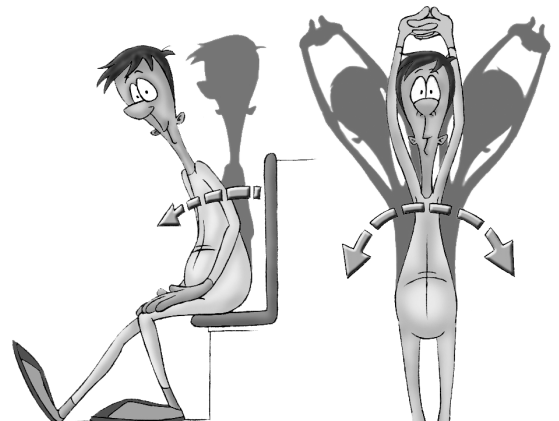
*Pose 8*



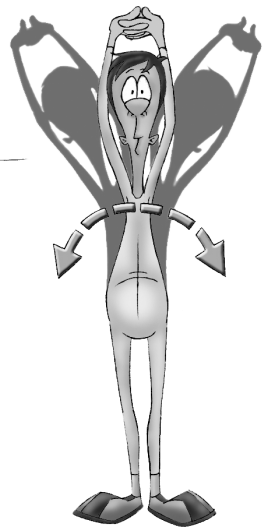
*Pose 8 alternate*



*Pose 9*



*Pose 9 alternate*



*Pose 10*

**Use only following video instruction.**  
Breathe normally; hold each stretch to the count of 7;  
stretch each side where appropriate.