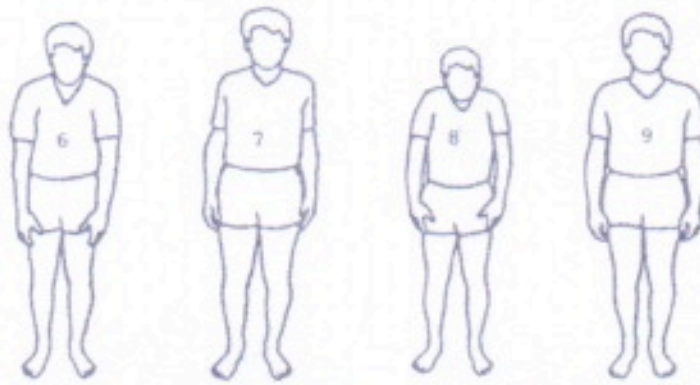
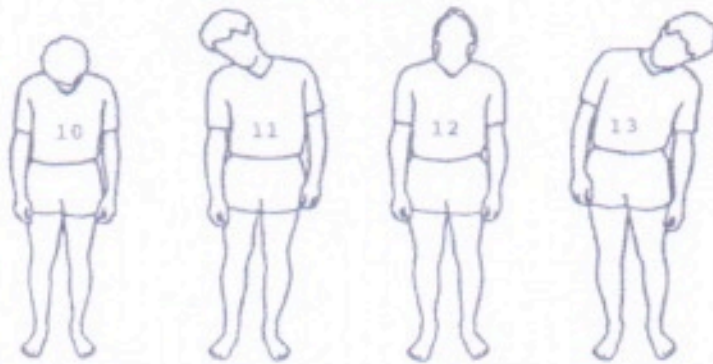


BOTH SIDES

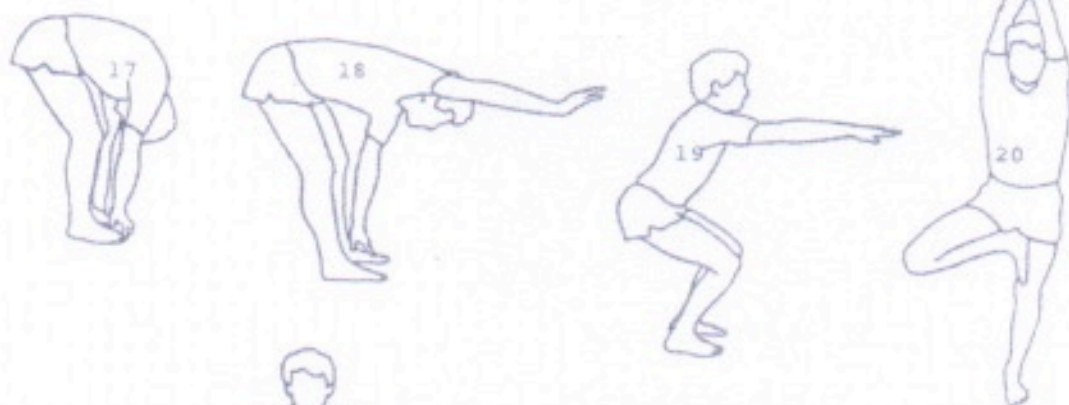
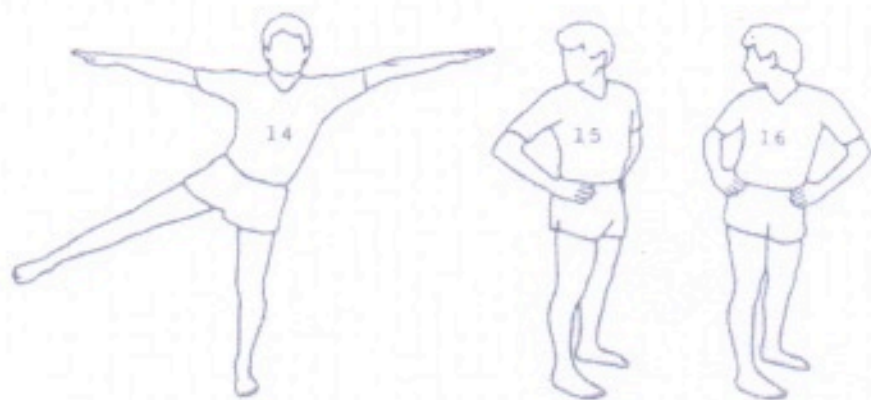
BOTH SIDES



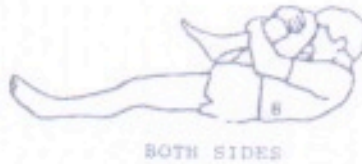
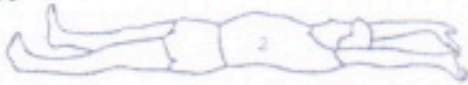
SHOULDER ROLLS



NECK ROLLS

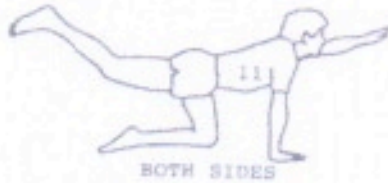


SEQUENCE OF POSTURES
TAPE #1

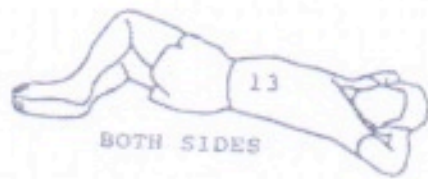


BOTH SIDES

BOTH SIDES



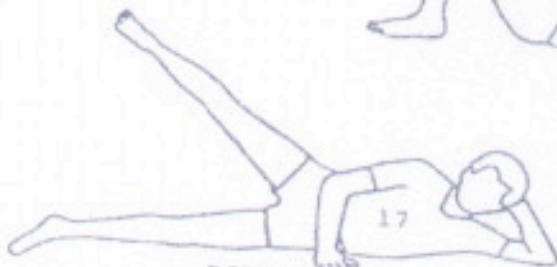
BOTH SIDES



BOTH SIDES



BOTH SIDES



BOTH SIDES



BOTH SIDES

