



STRETCH

BREAK

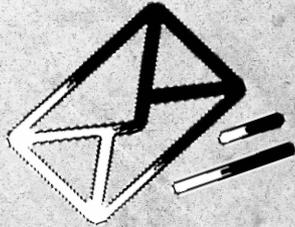
Hands and Feet



Please take this
time to
WARM UP
before
stretching



Exit



Silence



WARM UP



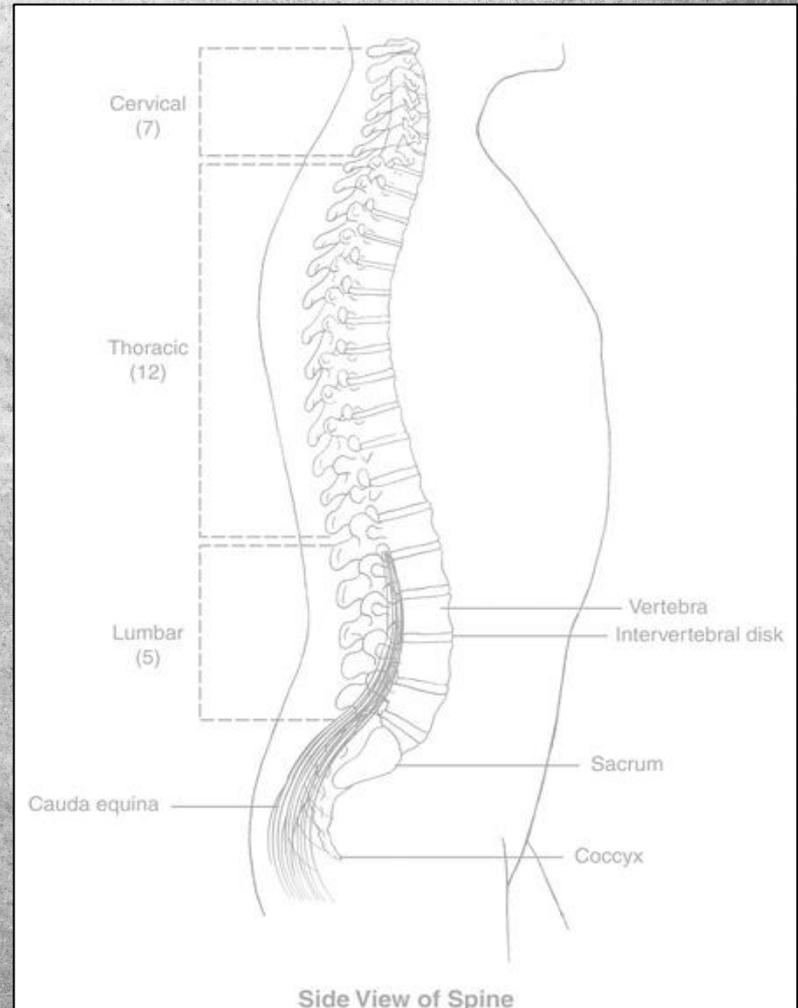
✓ SAFETY

- **Smooth** movement
- **Avoid** “locking” joints
- **Safe** and **comfortable**



✓ POSTURE

- **Spine** lengthened
- **Head** lifted
- **Shoulders** relaxed
- **Abdomen** engaged
- **Feet** pressed down



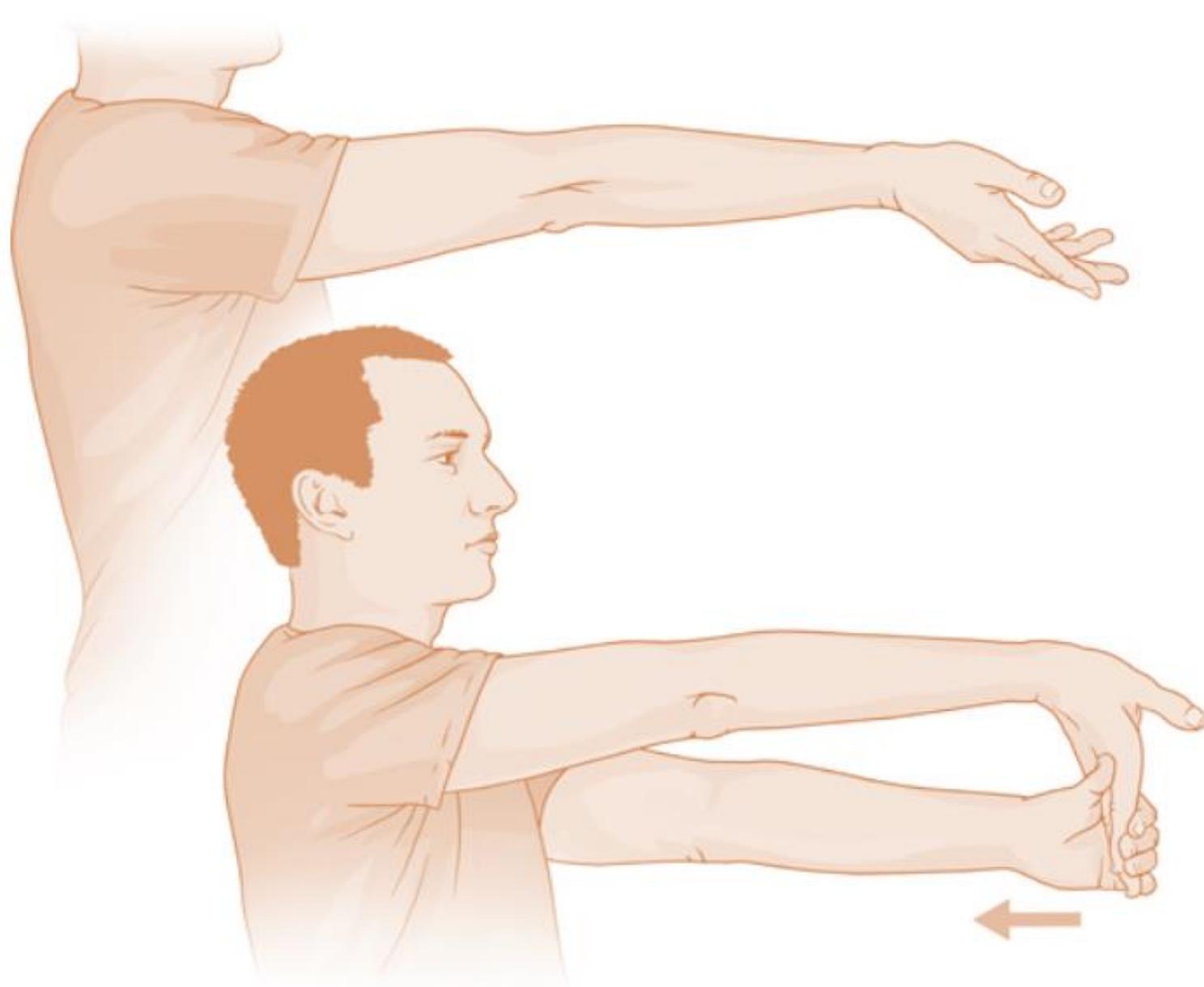
Breathe!





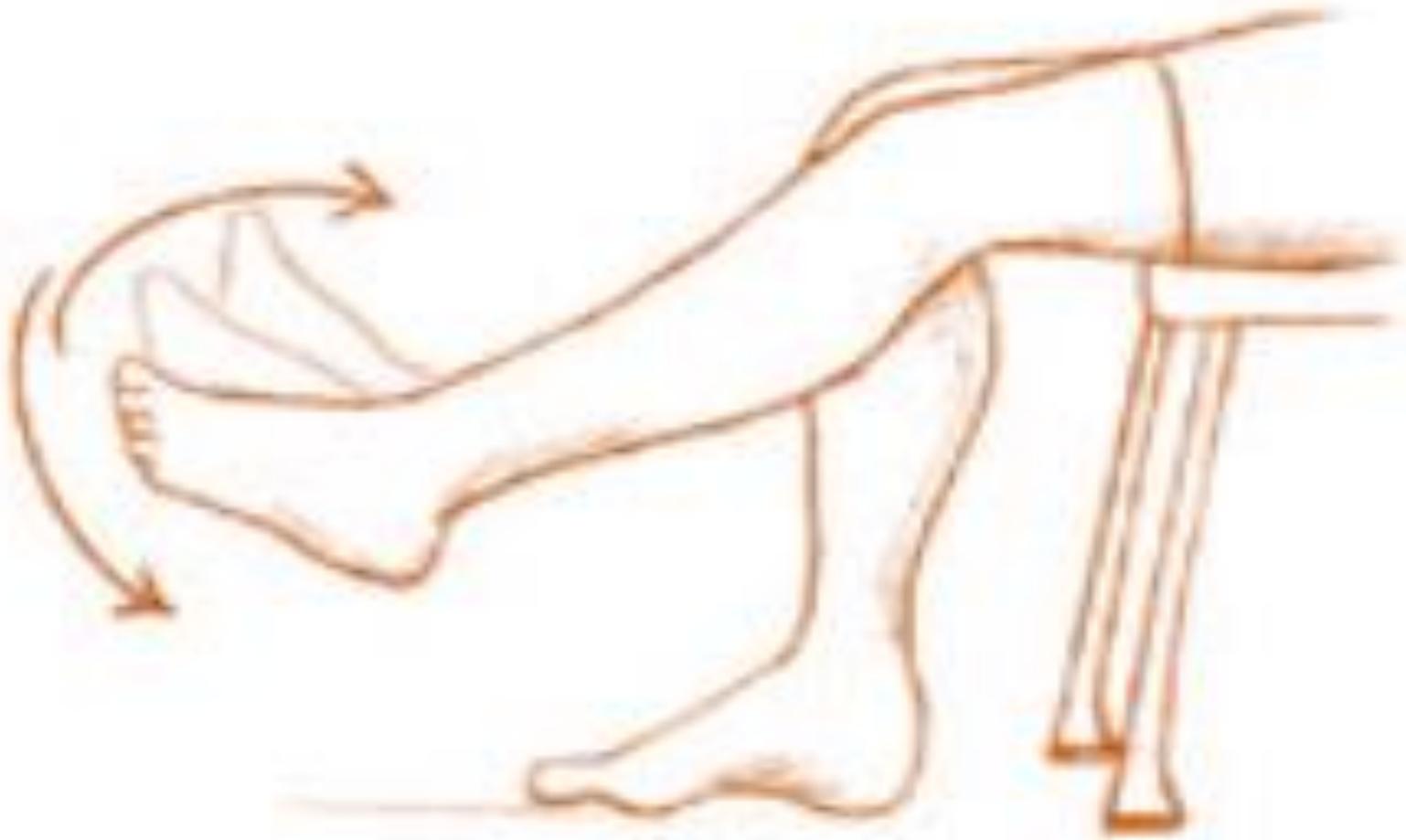


















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