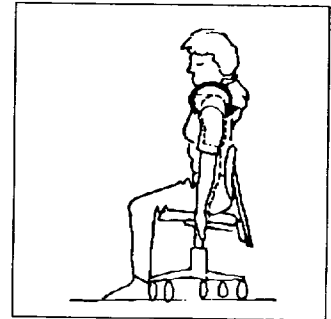


Shoulder roll

Roll the shoulders - raise them, pull them back, then drop them and relax. Repeat in the opposite direction.



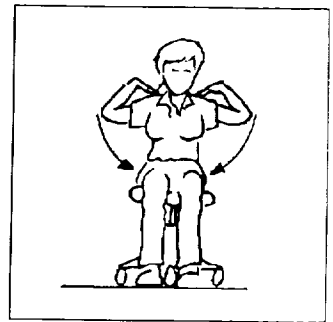
Trunk twist

Twist upper body so right hand rests on outside of left thigh, reaching left shoulder and elbow behind. Repeat alternately to the other side.



Elbow press

Hands resting on shoulders, sweep arms in front, reaching elbows toward one another. Sweep arms backward, reaching elbows behind.



Relax

Sit comfortably, hands crossed in your lap. Breathe slowly and deeply.

