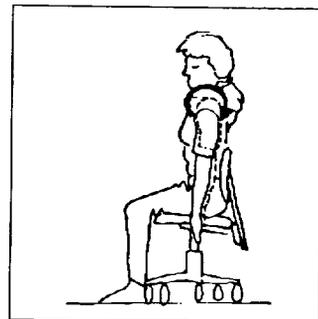


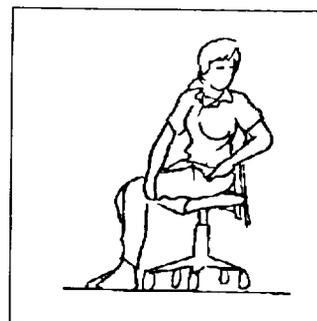
### **Shoulder roll**

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



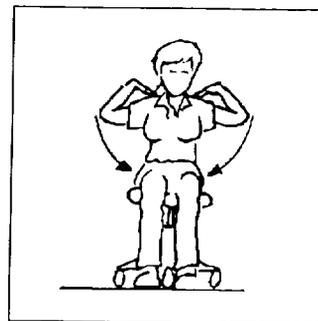
### **Trunk twist**

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.

