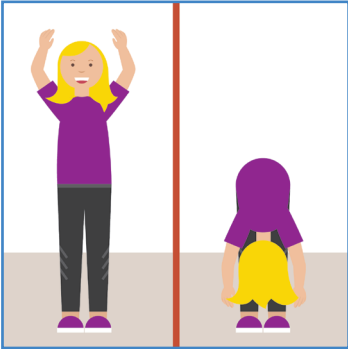
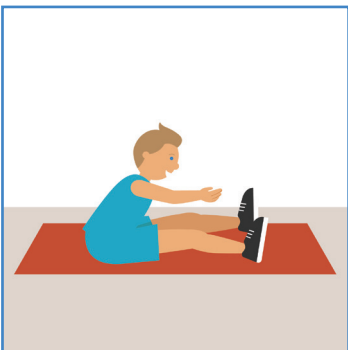




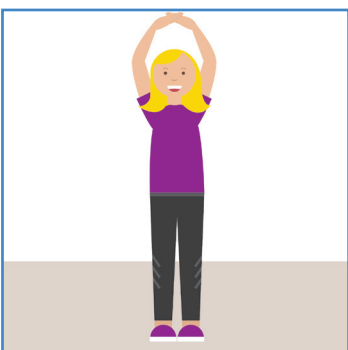
1. Forward Bend: 20 seconds



2. Child's Pose: 20 seconds



3. Hamstring Stretch: 20 seconds



4. Shoulder Stretch: 20 seconds