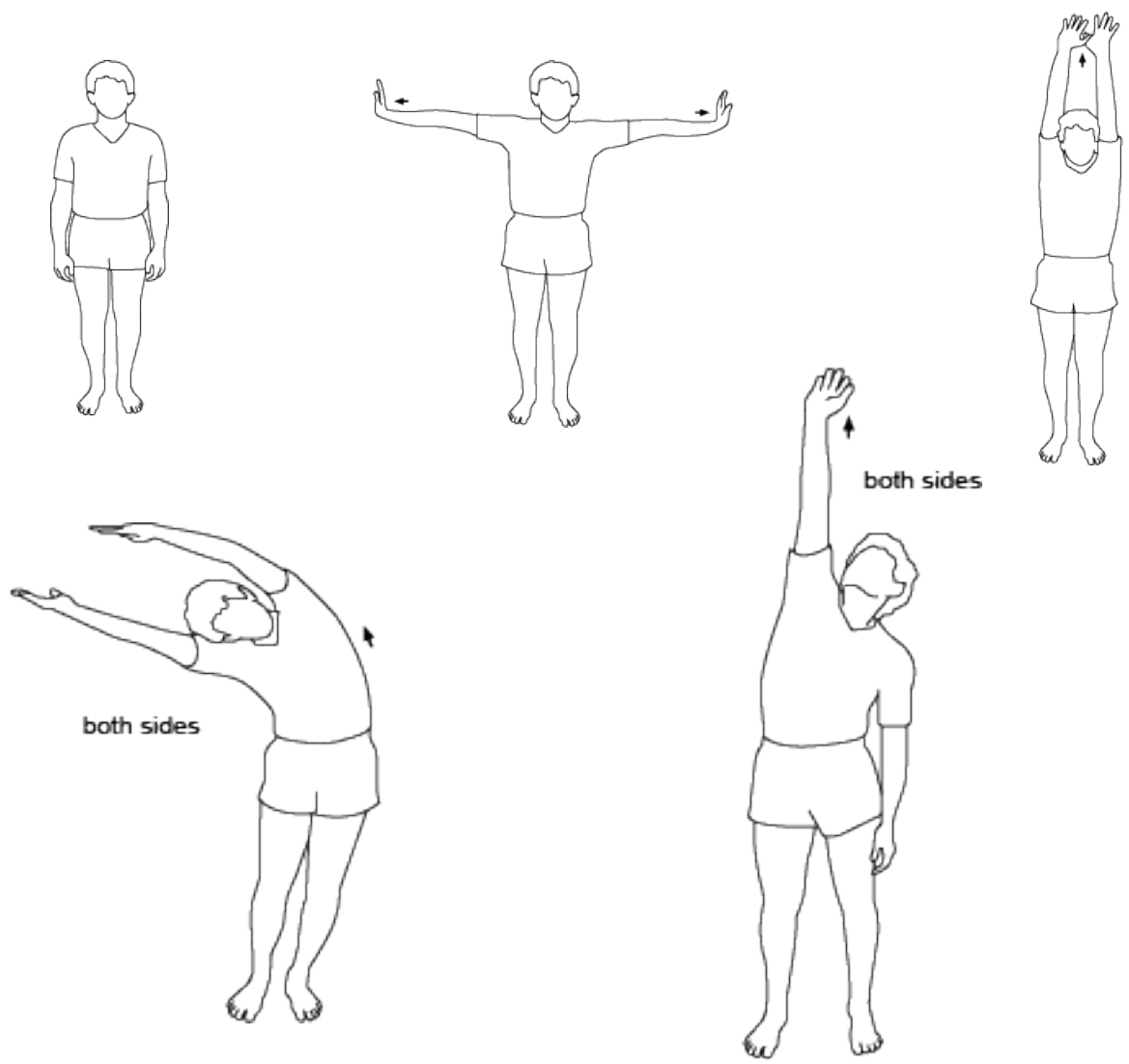
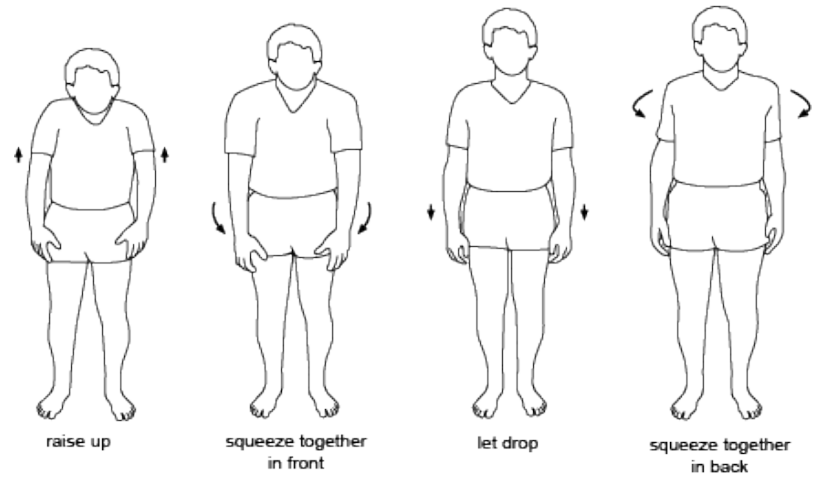


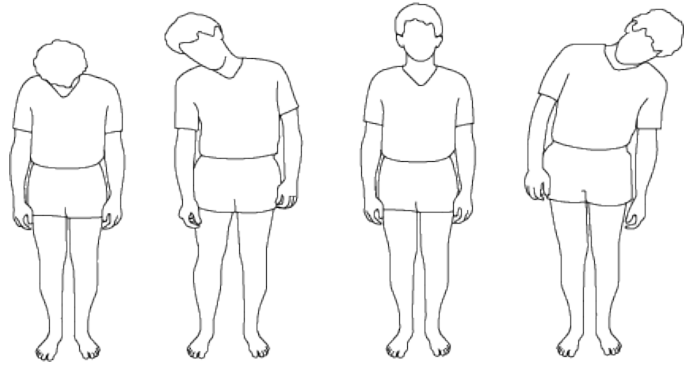
# Mindful Stretching



shoulder rolls: do in forward, then backward directions



neck rolls: do in one direction, then the other



Mindful Movement 1 of 2

