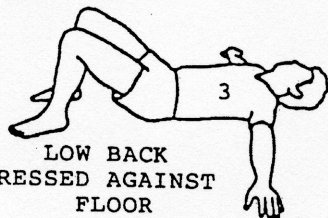
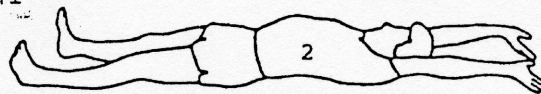
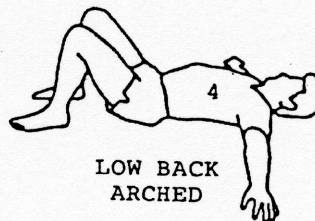


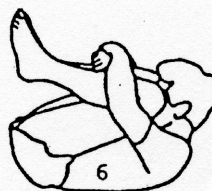
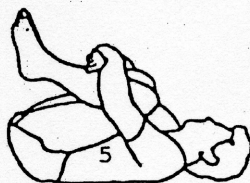
SEQUENCE OF POSTURES
TAPE #1



LOW BACK
PRESSED AGAINST
FLOOR



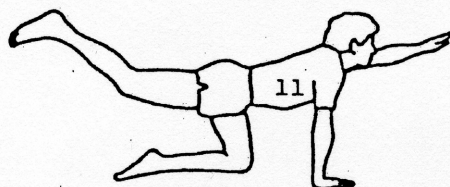
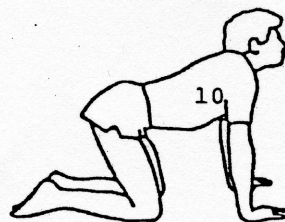
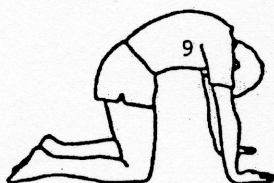
LOW BACK
ARCHED



BOTH SIDES



BOTH SIDES



BOTH SIDES

Adapted from *Full Catastrophe Living* by Jon Kabat-Zinn, Ph.D