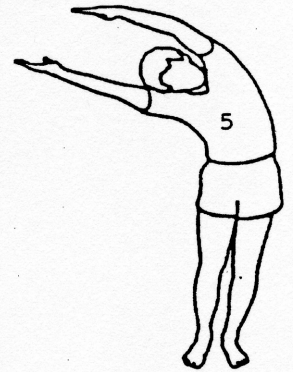
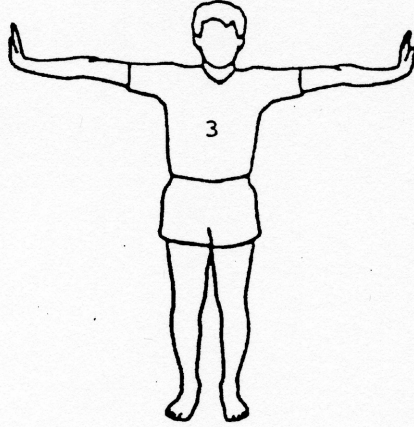
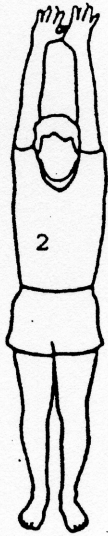
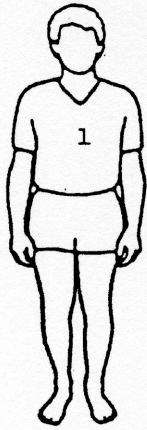


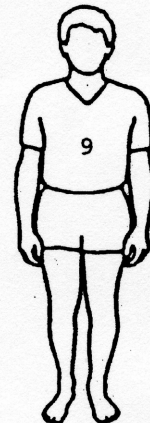
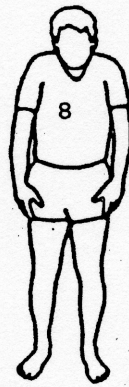
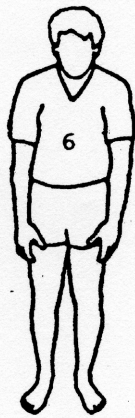
SEQUENCE OF POSTURES

TAPE # 2

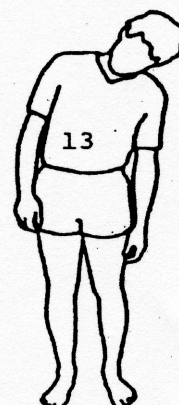
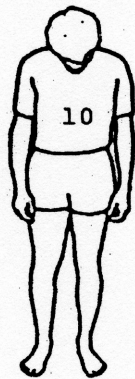


BOTH SIDES

BOTH SIDES



SHOULDER ROLLS



NECK ROLLS

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