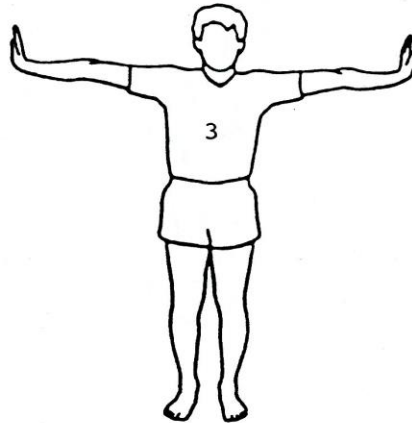
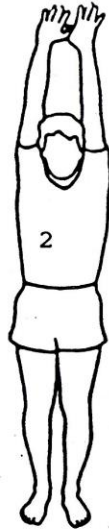
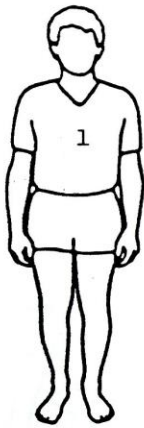
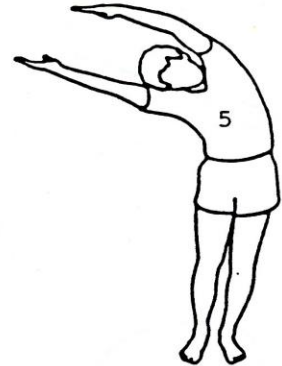


SEQUENCE OF POSTURES * 1

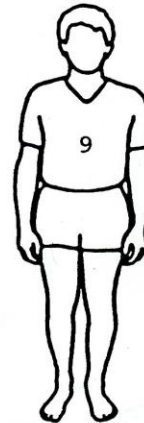
TAPE # 2



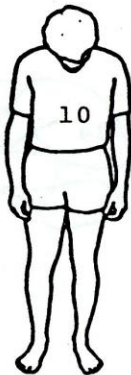
BOTH SIDES



BOTH SIDES



SHOULDER ROLLS



NECK ROLLS

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1 Adapted from Kabat-Zinn, J. (1990, 2013). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. New York: Bantam Dell.

