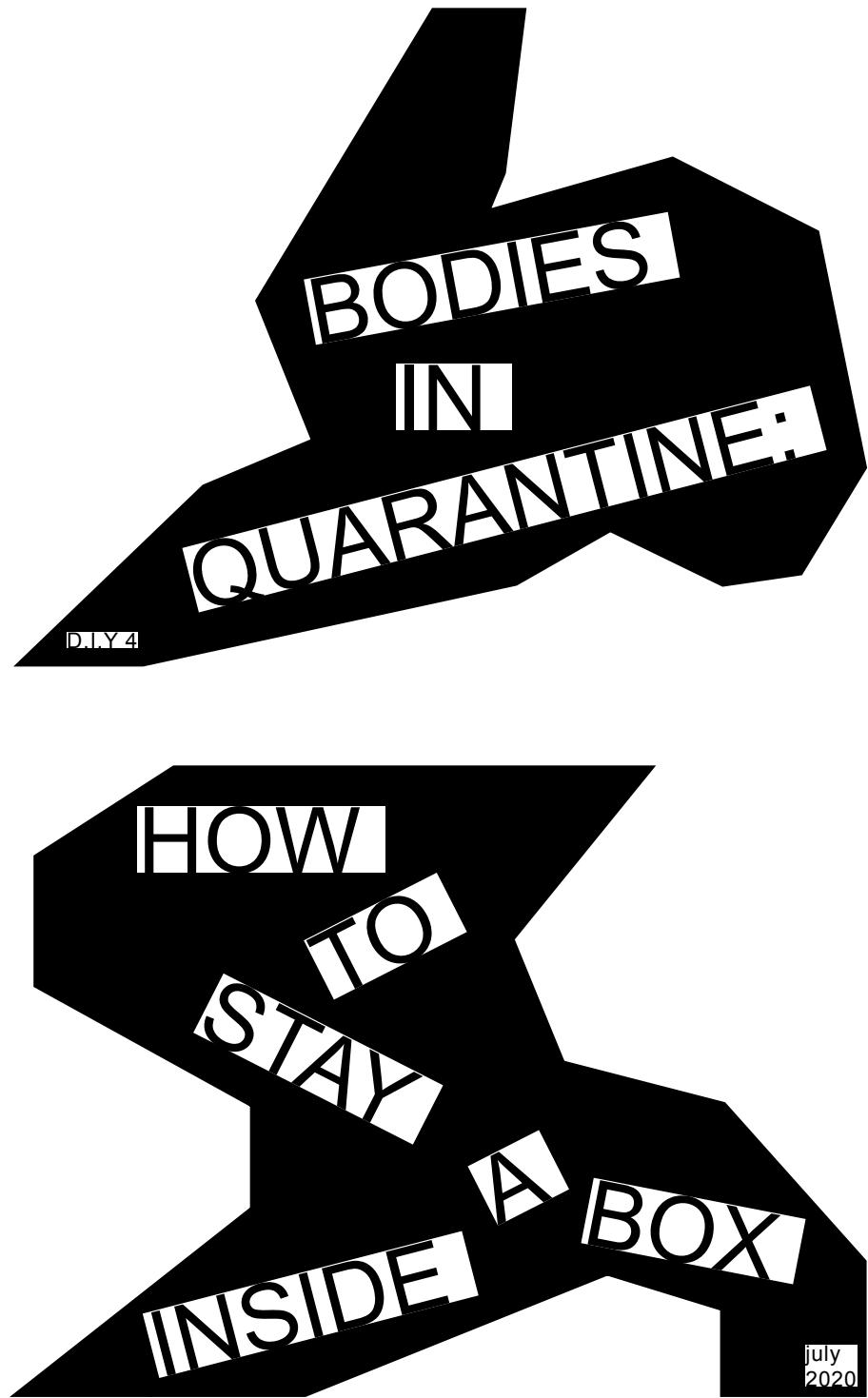


A



A



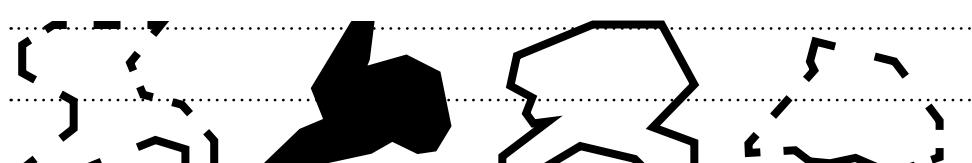
B 20 secs

2 secs

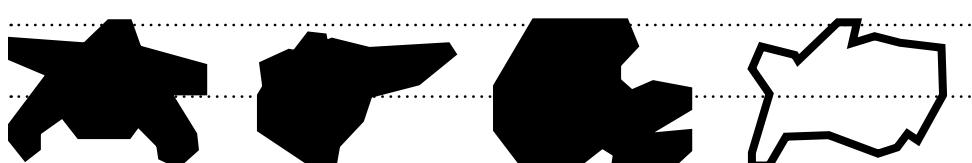
I by choice



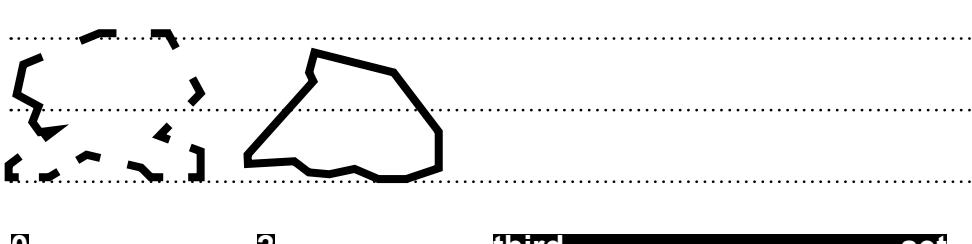
20 2 0 2



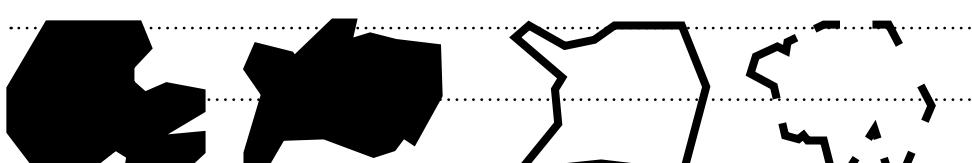
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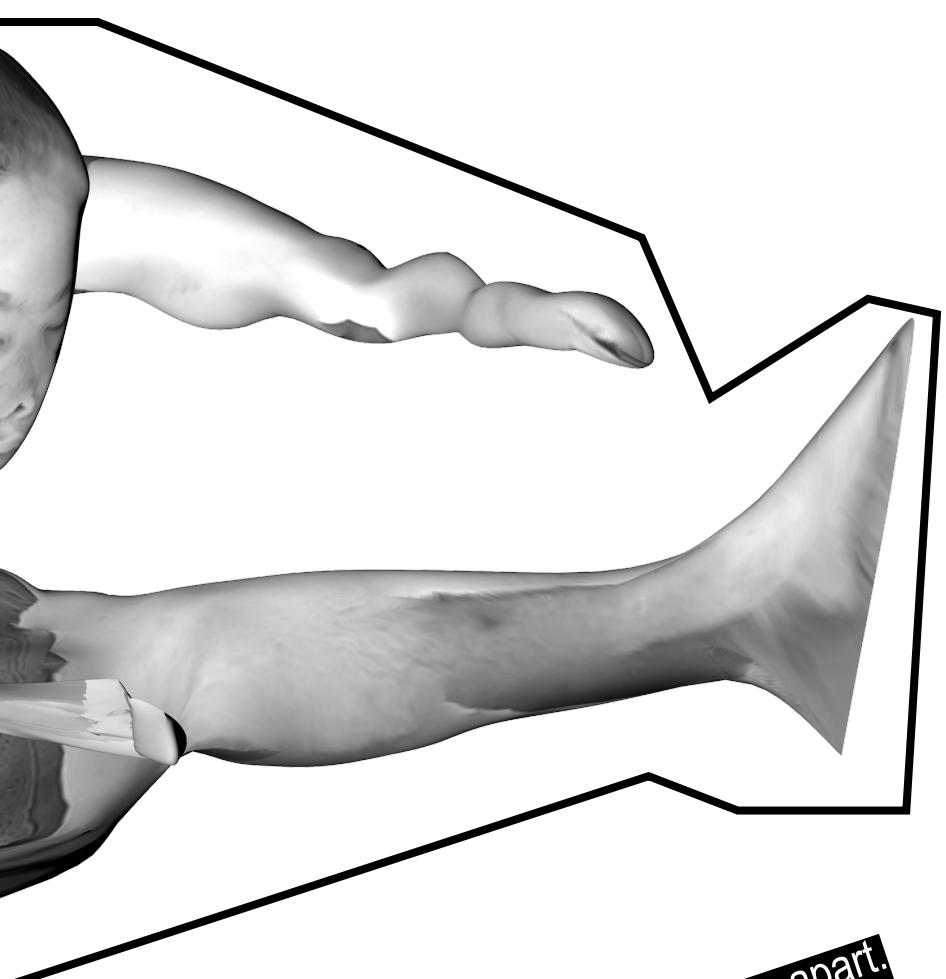
20 20 20 2



0 2 third set



20 20 2 0



sit on the floor with legs spread wide apart.
lean forward and try to touch your toes.
feel the stretch on the knee ligaments
that have not been used for a long time.

B



lie on the floor with arms stretched out.
both legs. imagine yourself an infant

10

B



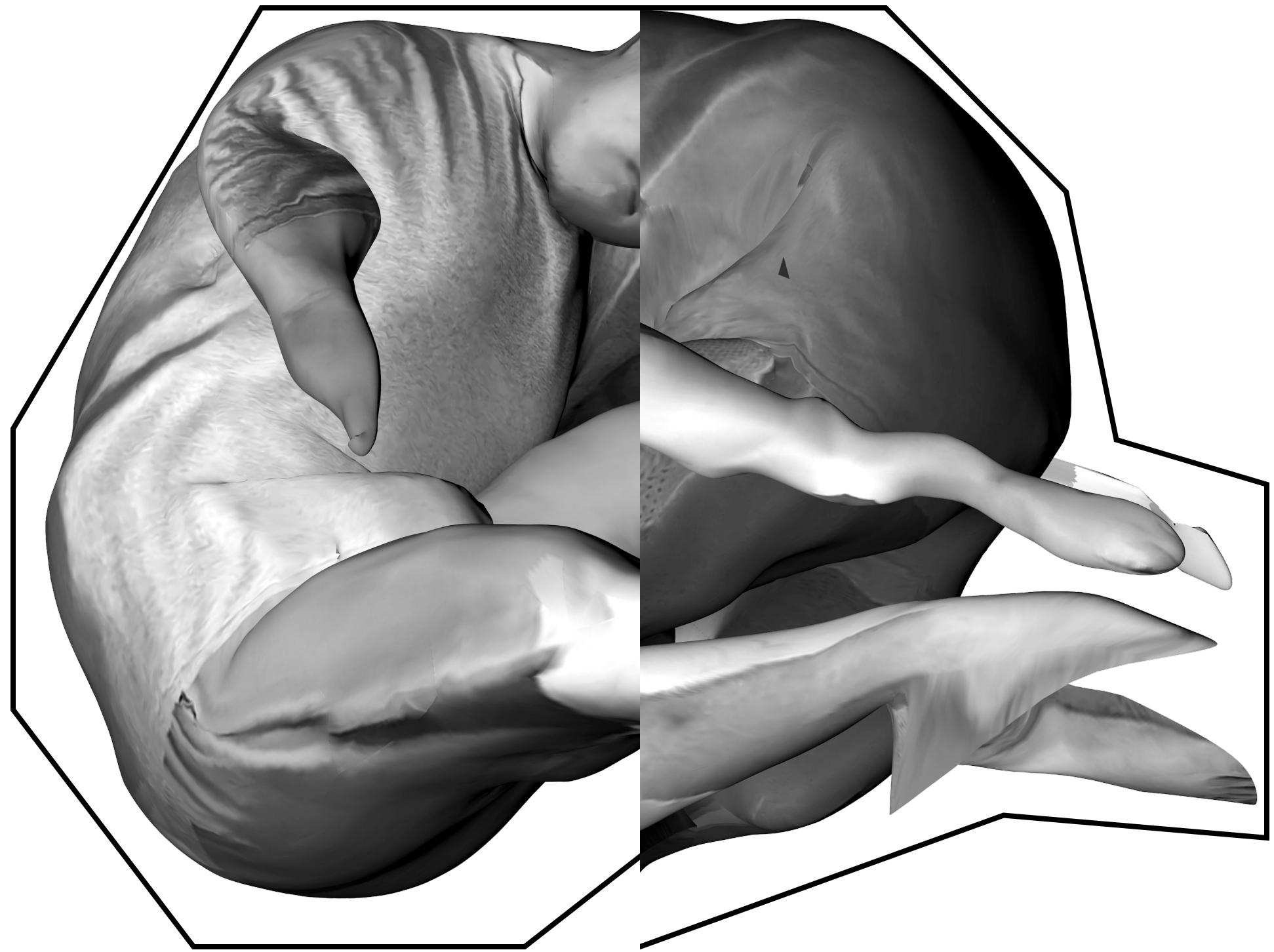
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B

B

C

C



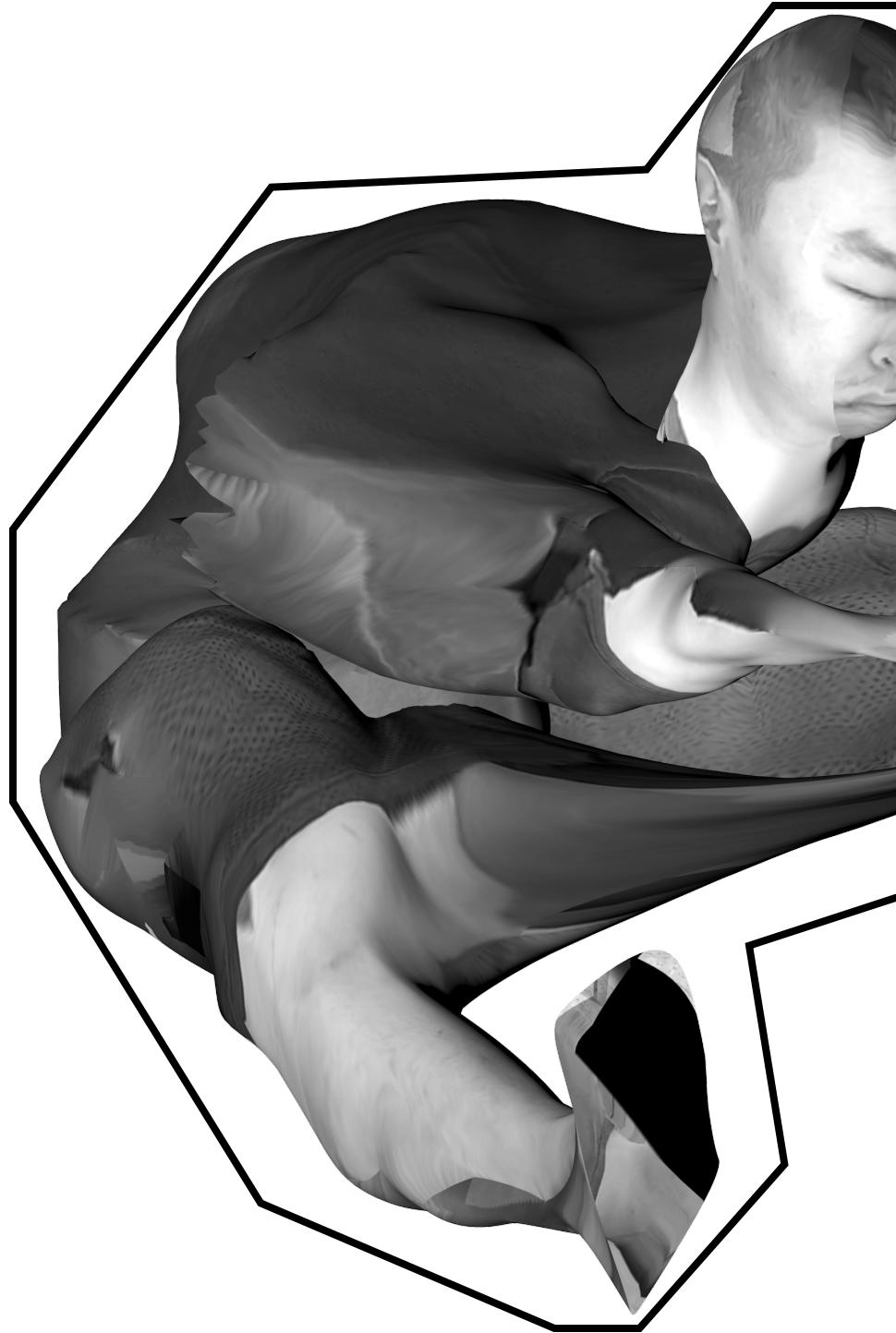
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7

C

C

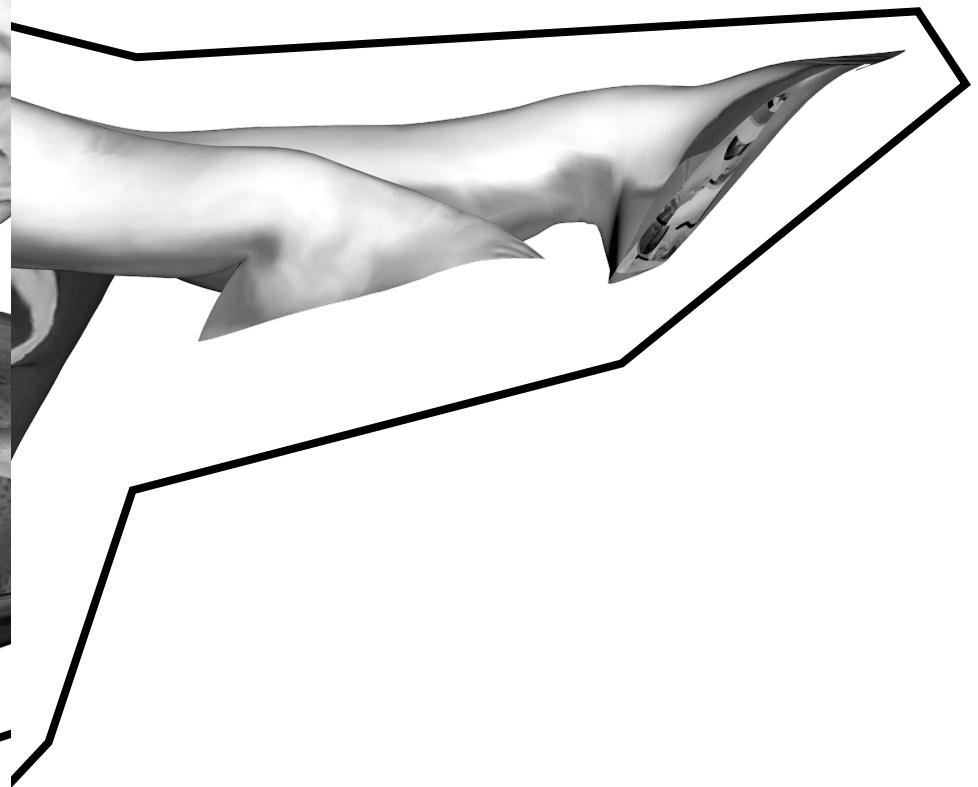
C



C

lean back against a wall while sitting down.
curl your back and bend your knees. reach
out with your arms. imagine yourself falling.

C

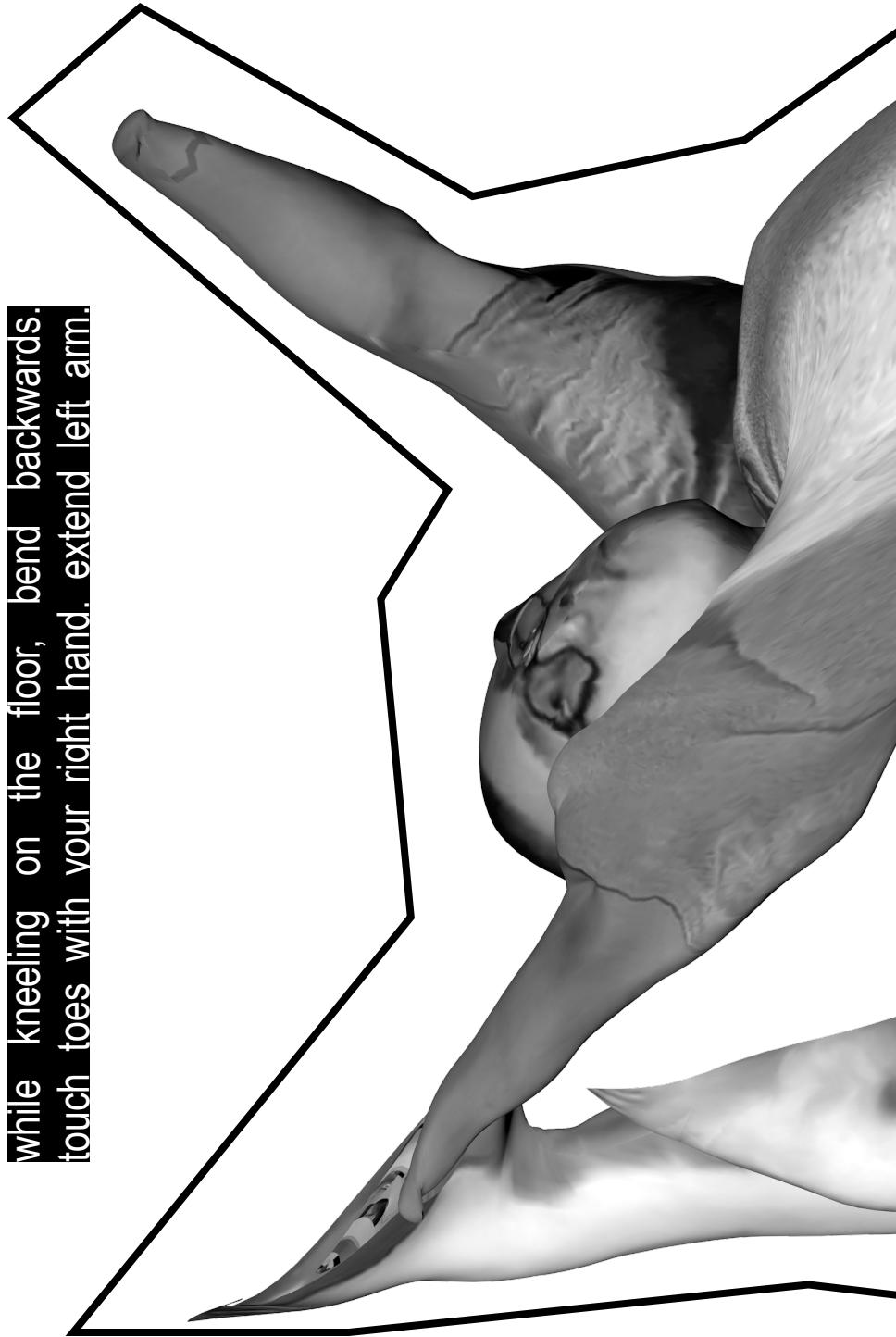


13



I right arm
is possible
in left arm.

D



while kneeling on the floor, bend backwards.
touch toes with your right hand. extend left arm.



lift and bend
in a cradle.

D



E E

sit on the floor with the left knee bent. Stretch out the right leg. Appreciate your toes. Study and

22

15

E

E

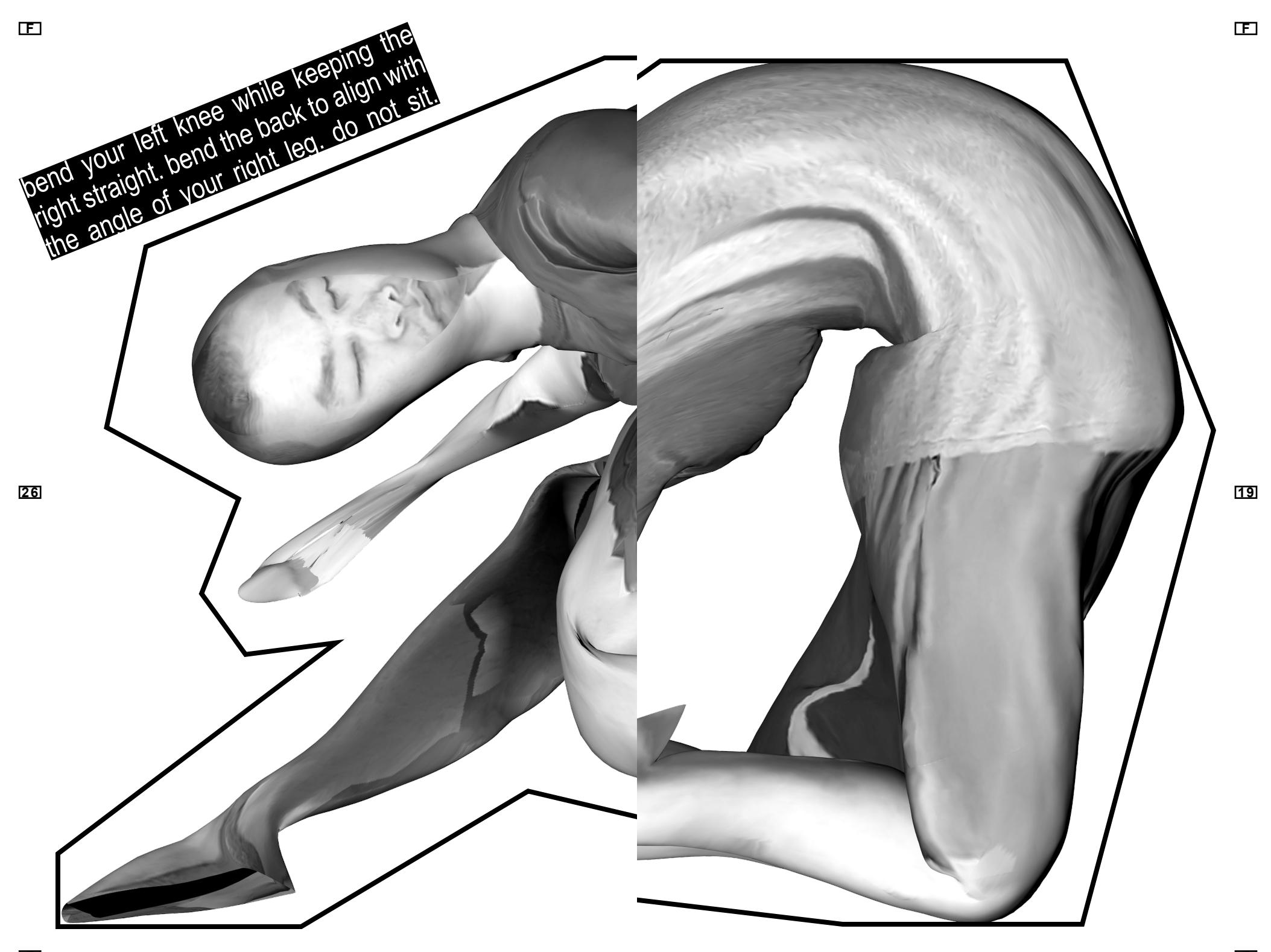


16



21

lie on the floor with head, left foot, and as support. bend right leg as much as towards the left armpit. reach out with



bend your left knee while keeping the
right straight. bend the back to align with
the angle of your right leg. do not sit.

26

19

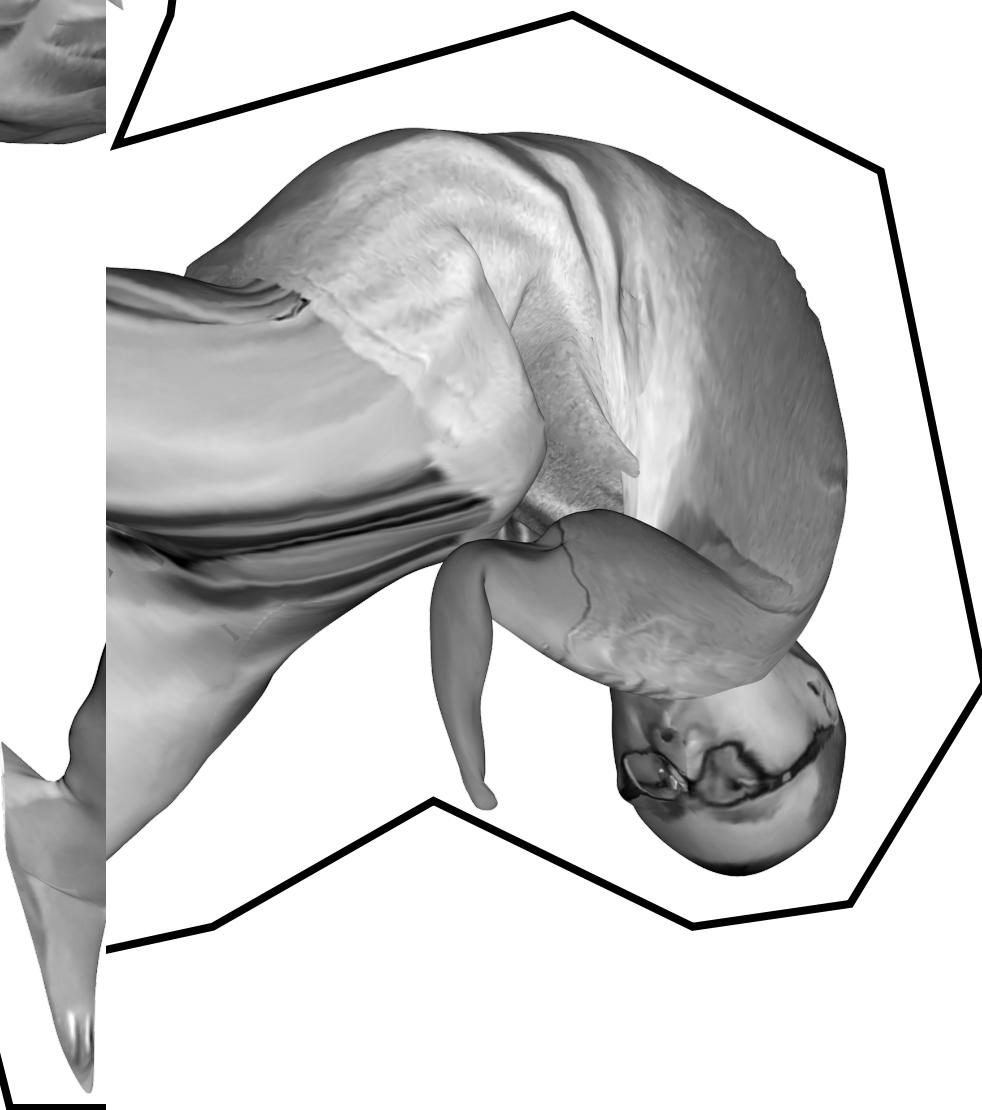
F

F

stand on your limbs while facing up. walk around in this position.



20

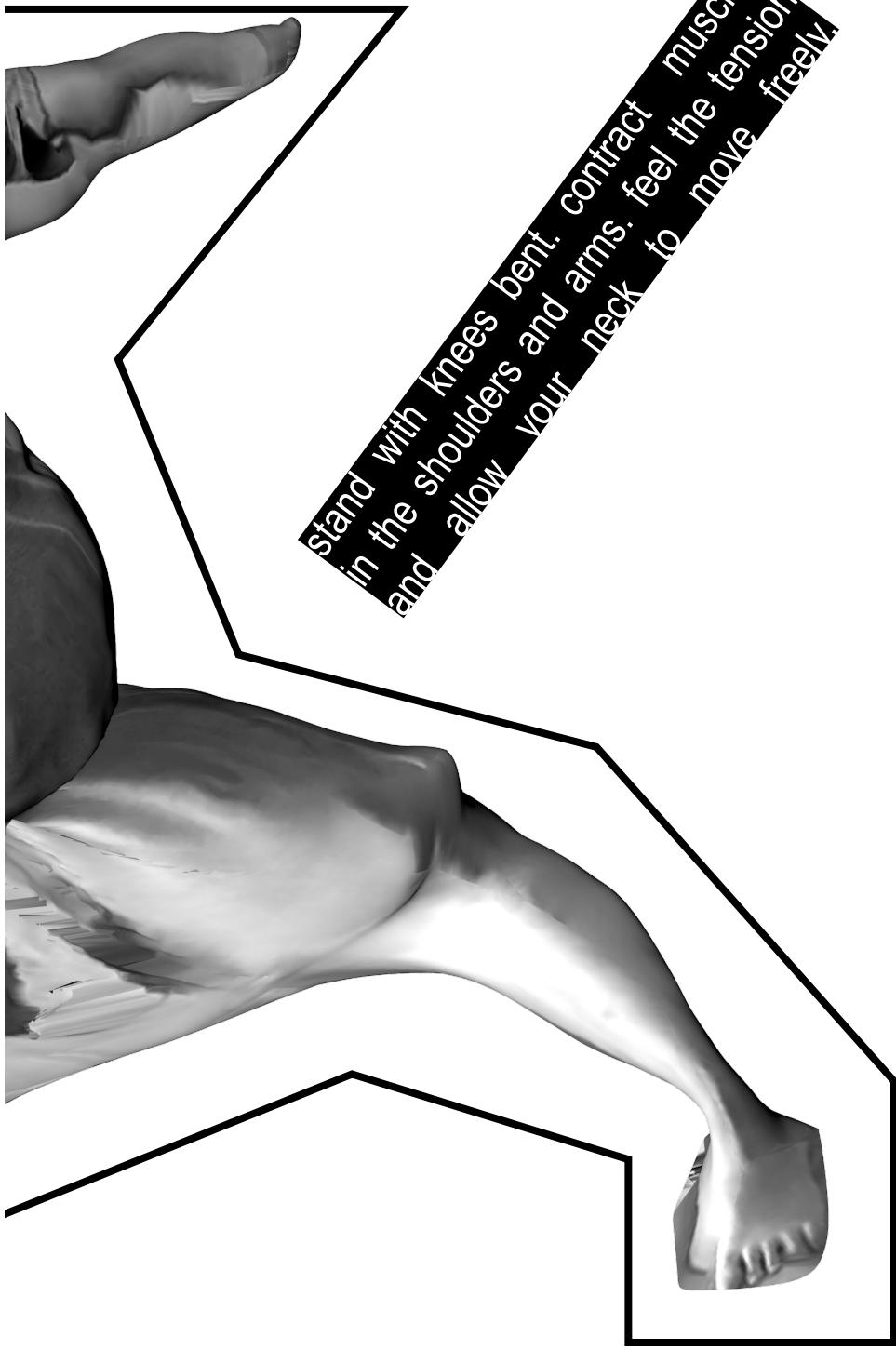
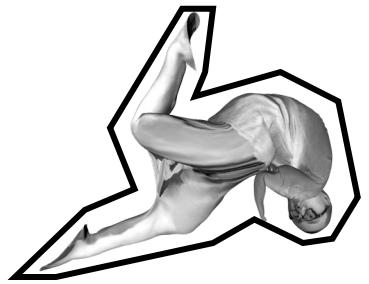
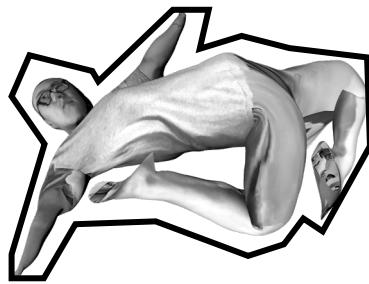
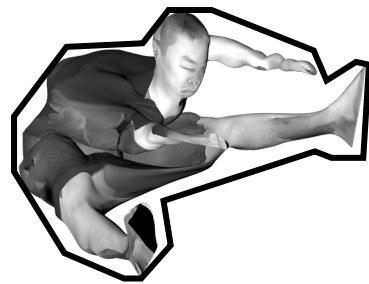


25

F

F

G



stand with knees bent. contract in the shoulders and arms. feel the tension and allow your neck to move freely.

23

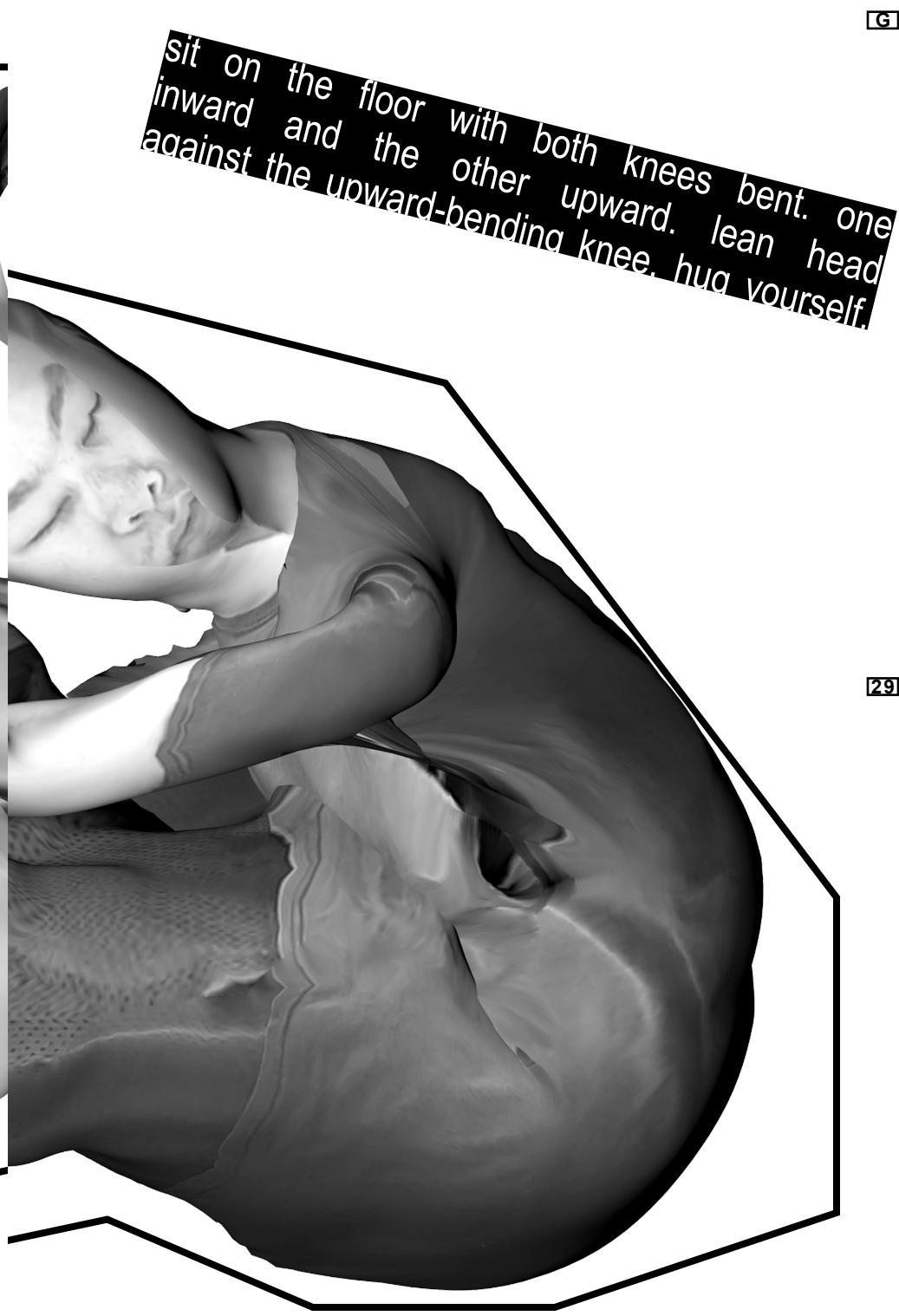
G

G



24

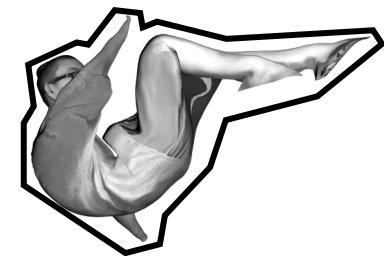
lie flat on your chest, bend back. with support
of the head and arms, lift and bend the right
knee upward, drag and crawl as far as you can



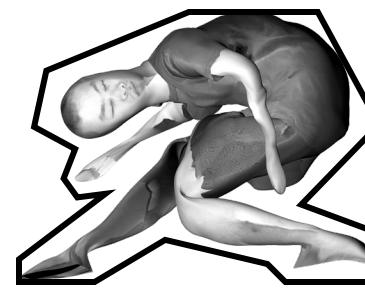
29

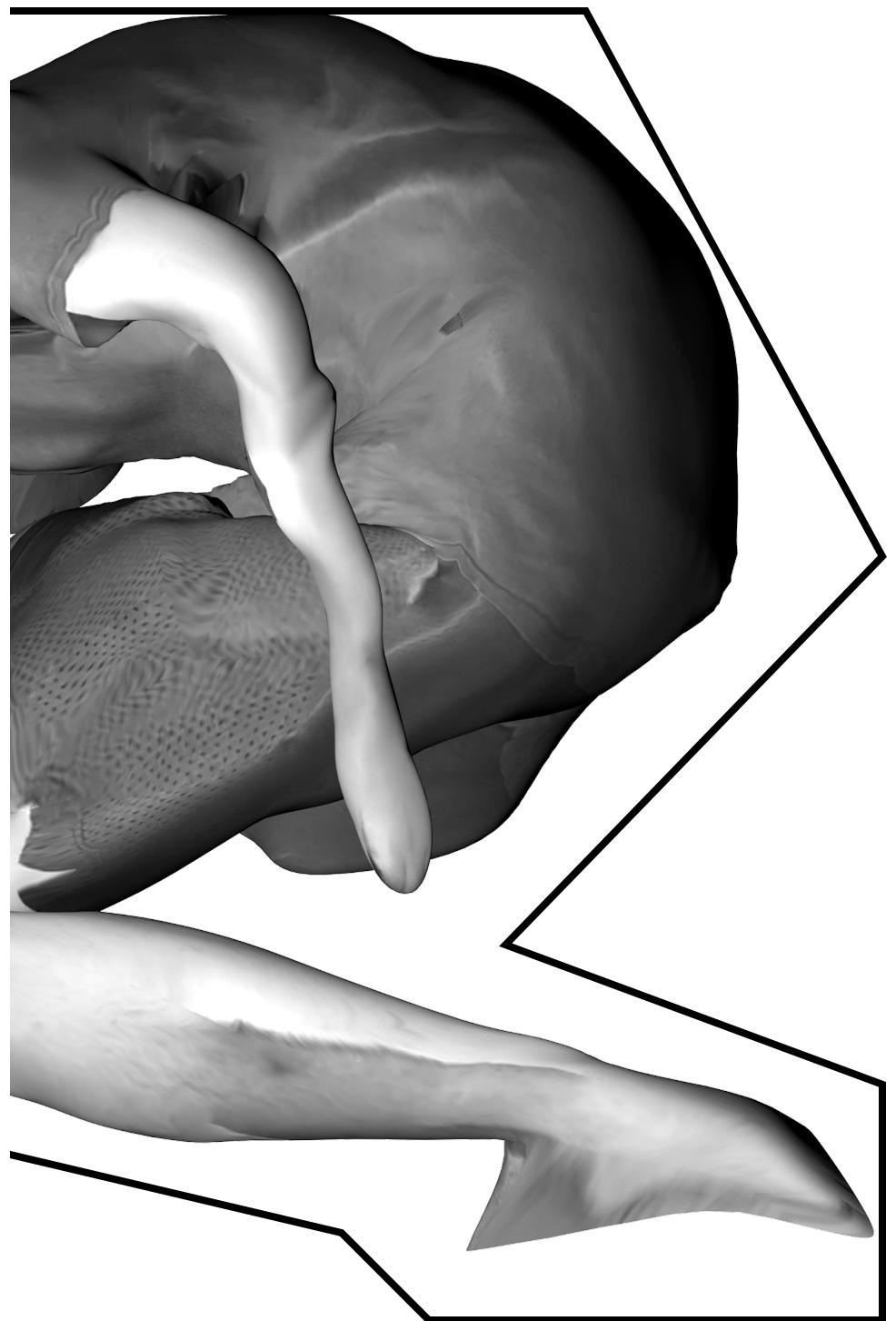
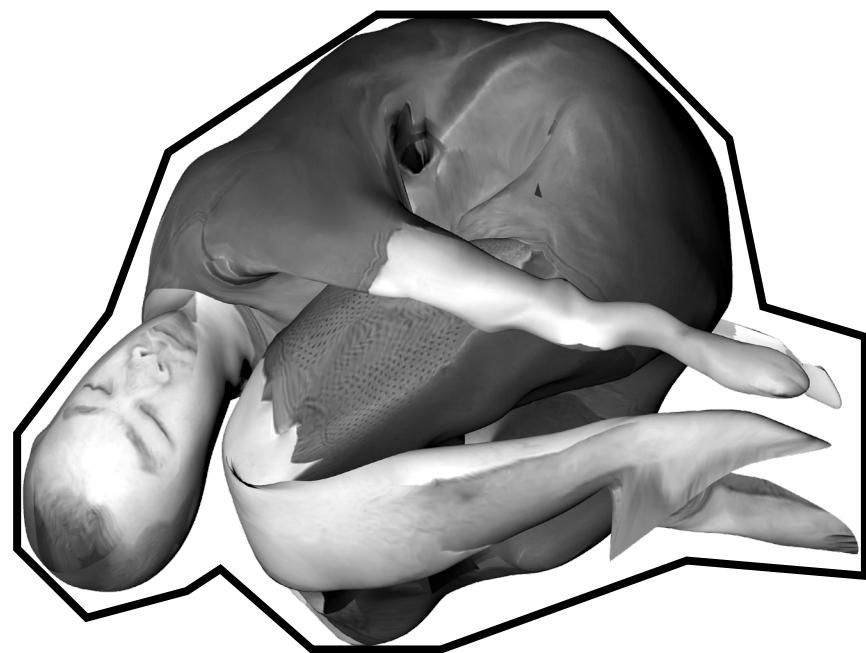
sit on the floor with both knees bent. one
inward and the other upward. lean head
against the upward-bending knee. hug yourself.

28



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