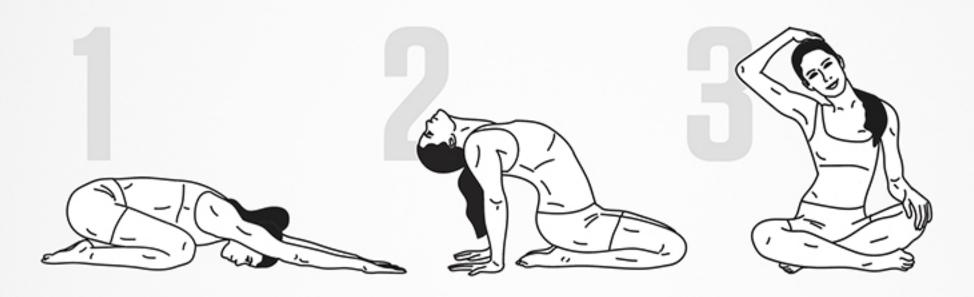
MEDITATION

DAREBEE WORKOUT © darebee.com



2 minutes forward stretch

1 minute back stretch

30 seconds / per side neck stretch

