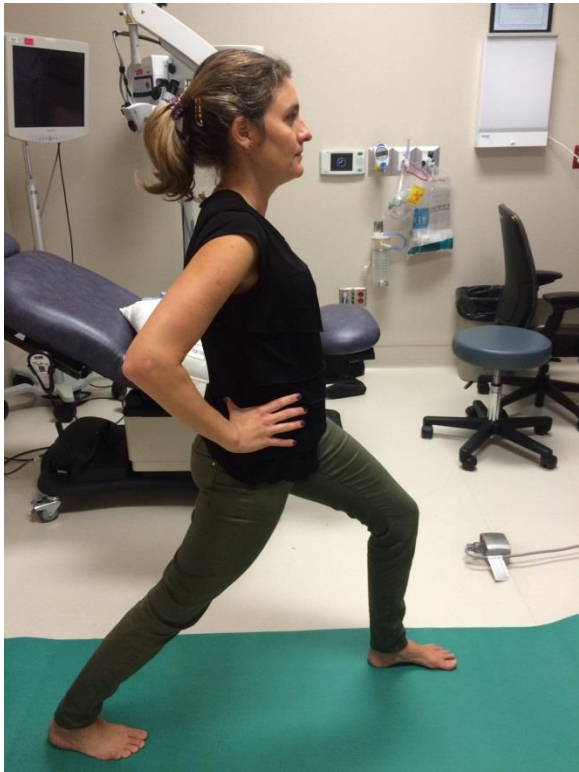


ALL Stretches try to hold 2-3 min on each side... NO PAIN, NOT TOO INTENSE and focused more on relaxation







with abdominal breathing 3 x a day