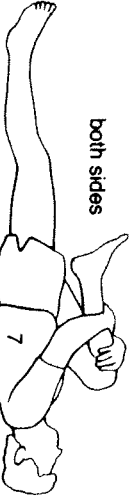
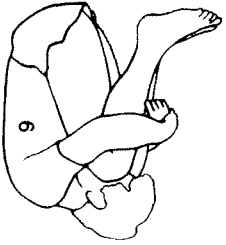
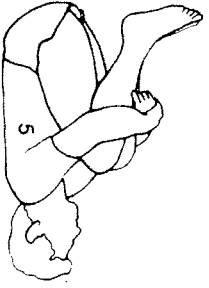
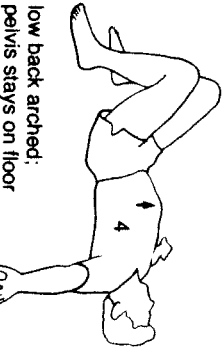
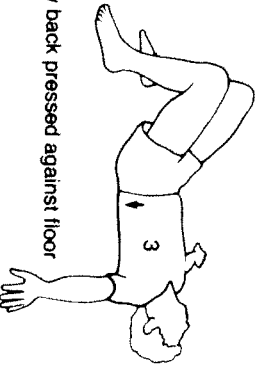
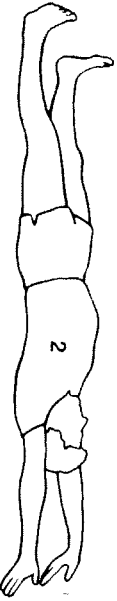
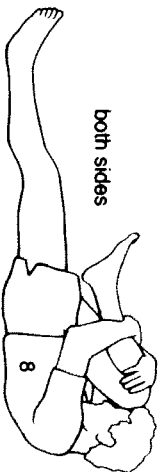


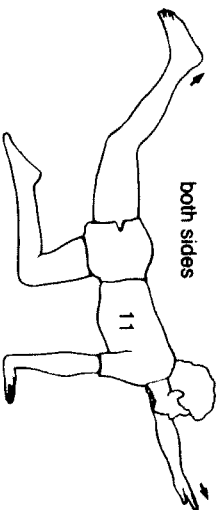
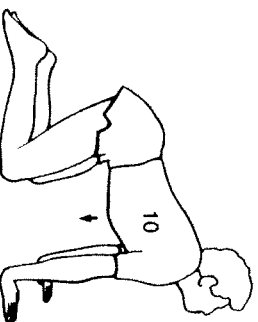
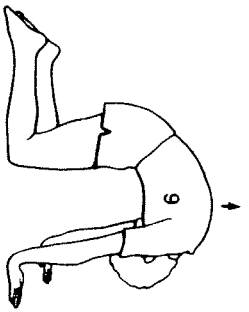
FIGURE 6
SEQUENCE OF YOGA POSTURES
(TAPE 1, SIDE 2)



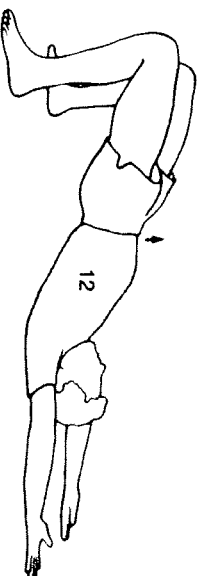
both sides



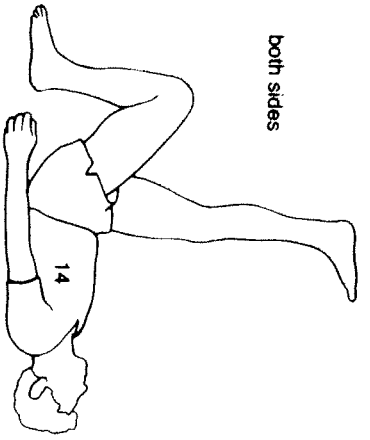
both sides



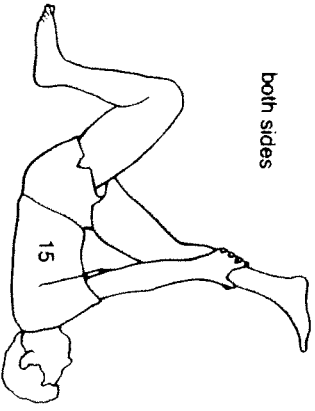
both sides



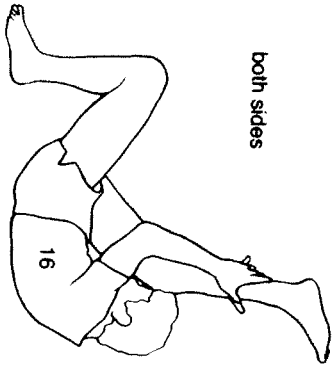
both sides



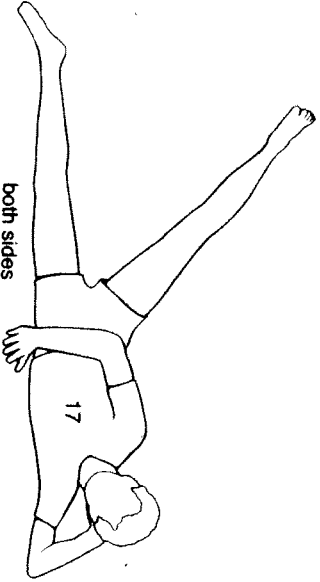
both sides



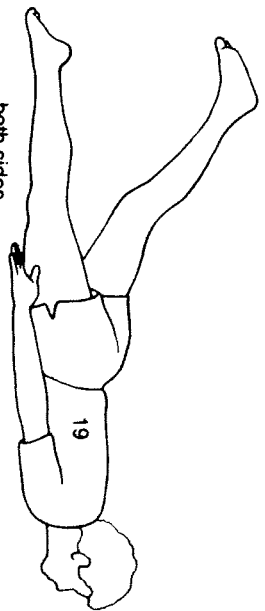
both sides



both sides



both sides



both sides

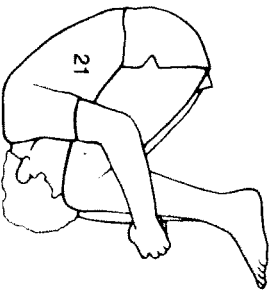
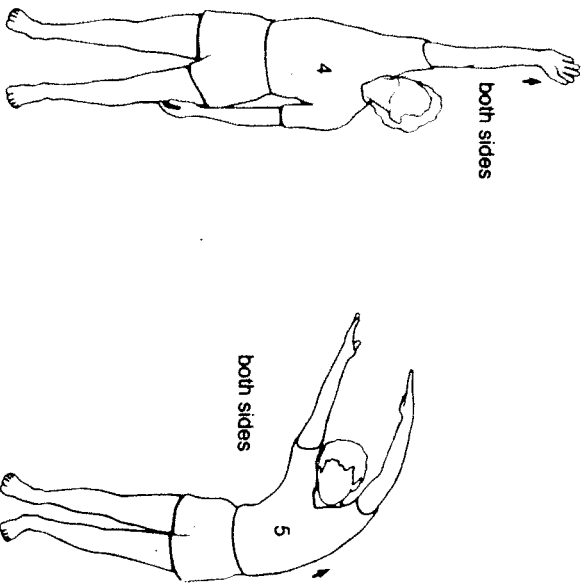
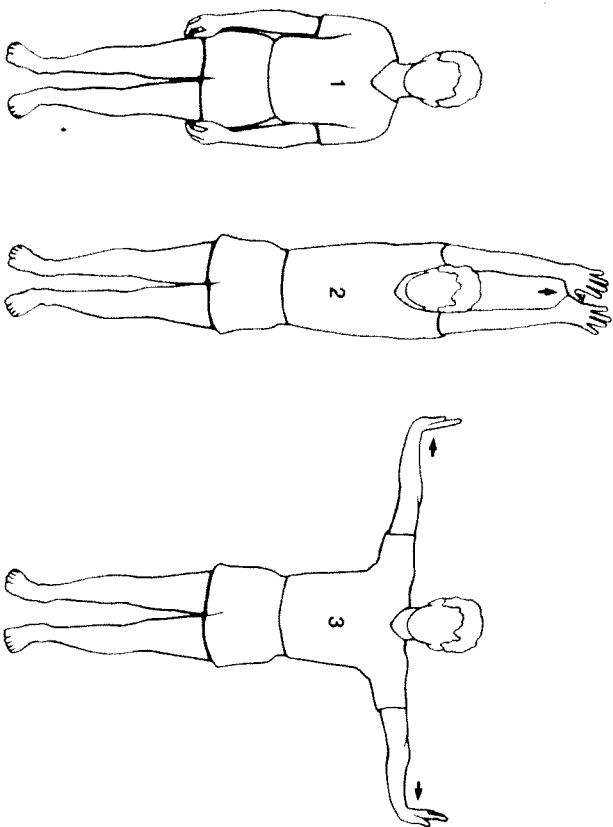
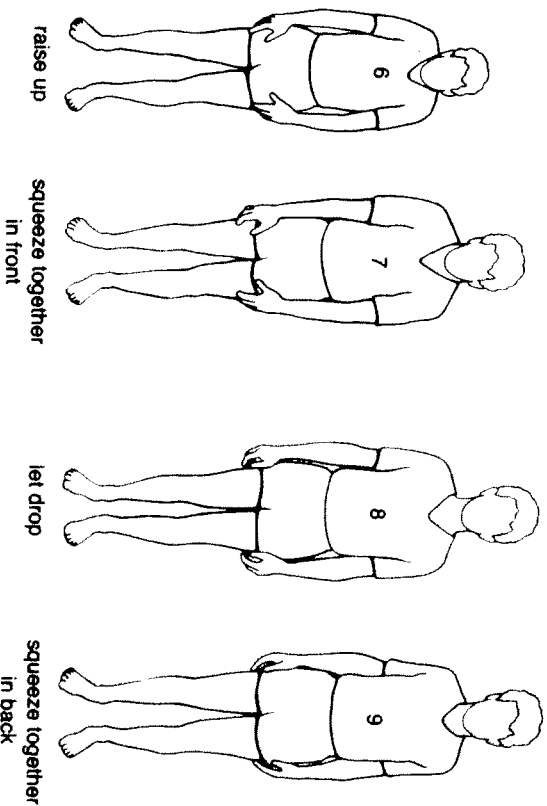


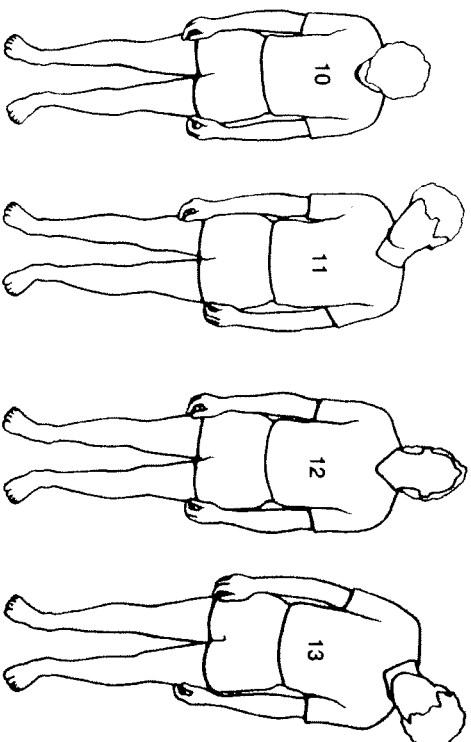
FIGURE 7
SEQUENCE OF YOGA POSTURES
(TAPE 2, SIDE 2)

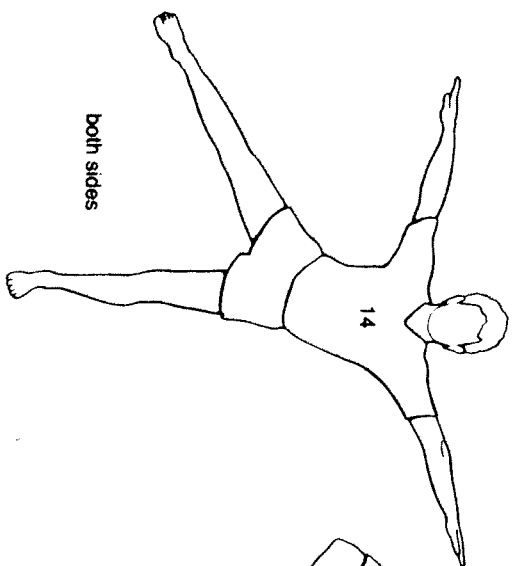


Shoulder rolls: do in forward, then backward directions

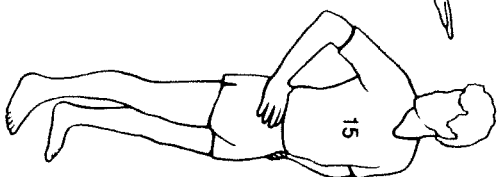


neck rolls: do in one direction, then the other

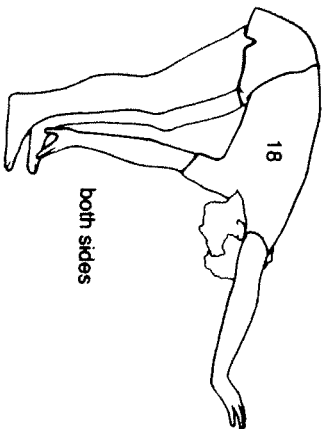
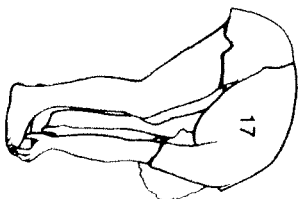
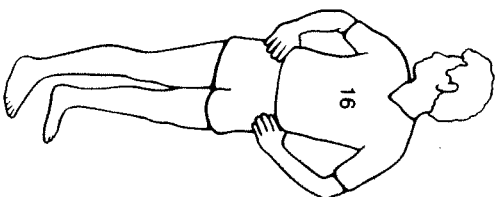




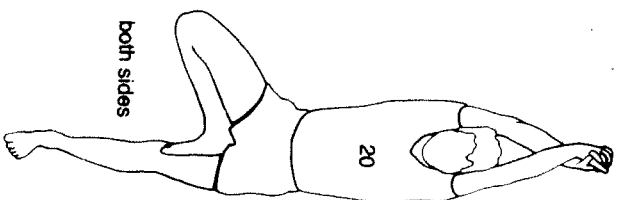
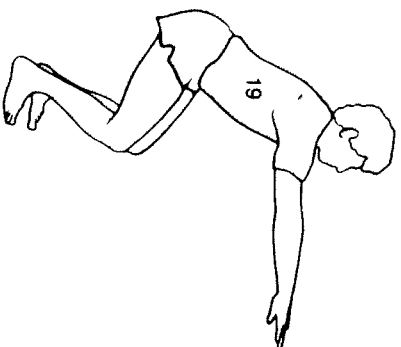
both sides



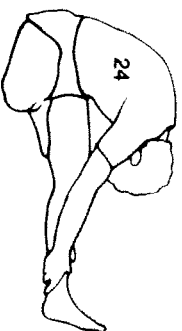
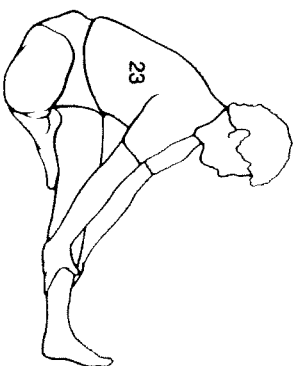
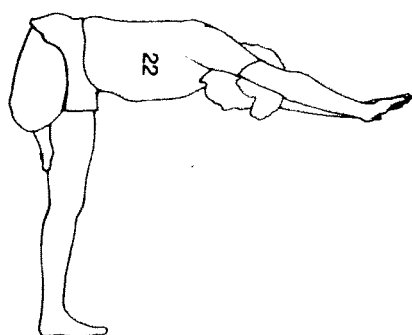
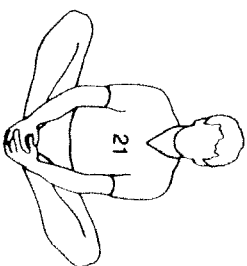
both sides



both sides



both sides



repeat 22 to 24 on other side

