






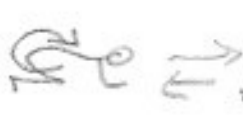





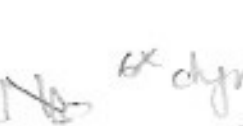
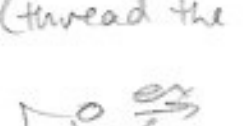
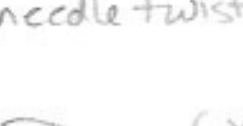


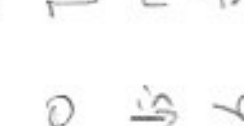
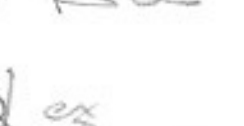







# Kneeling Sequence.

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- 1)  circle wrists  
stretch fingers  
shake hands. (repeat as necessary during sequence)
- 2)     2x
- 3) a)  way "tail" + head  
side to side      3b)  child's pose  
w/ side stretch.  
stay 6 br.
- 4)   circle hips both directions
- 5)  rest or  or 
- 6)   6x dynamically + opt. stay  
(thread the needle + twist)
- 7)   6x then stay  or 
- 8)     2x
- 9)  or  or  rest