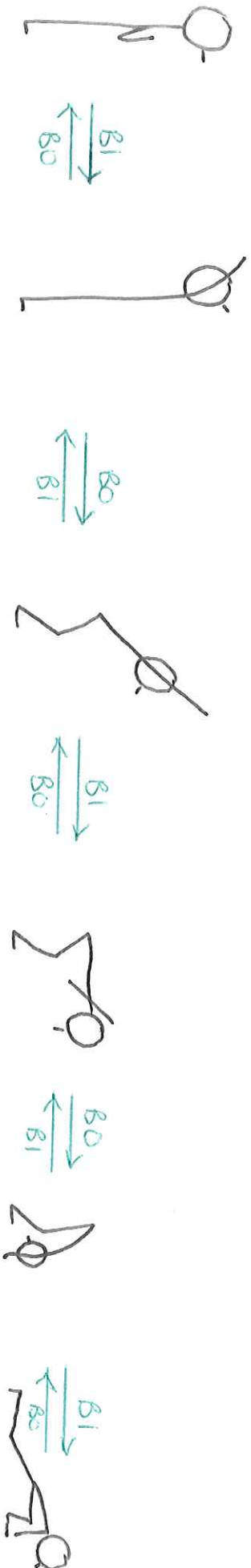


PRANNA NAMASKARE

Lucy Murray
Jan 2014 ☺



PRACTISE: After joint mobilisation & lubricating. Remember to modify for personal needs as taught in class.