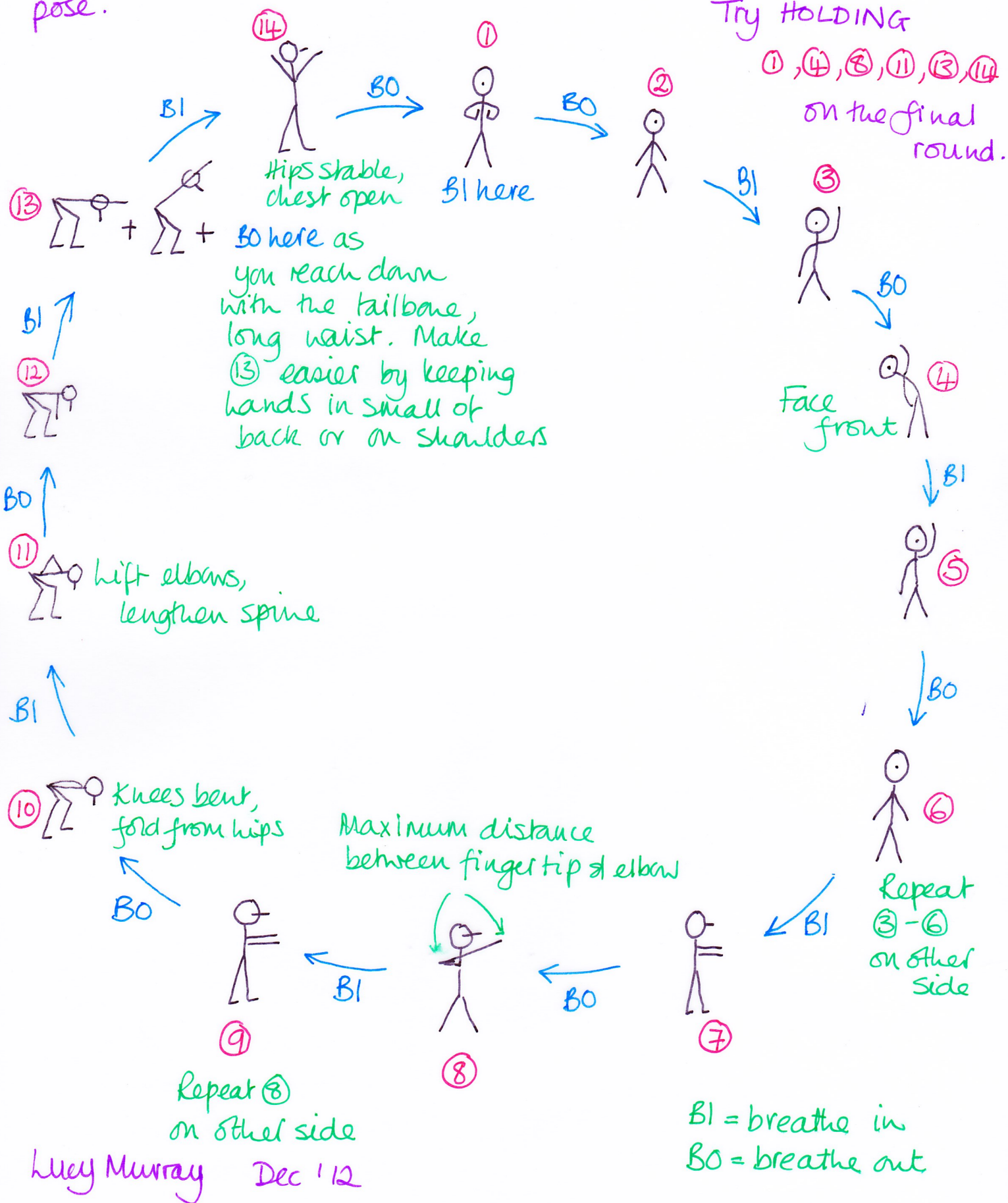


SIMPLE SPINAL MOVEMENTS

PRACTISE: After joint mobilization, before static postures. REPEAT several times, letting the BREATH guide you in and out of each pose.



Luey Murray Dec '12