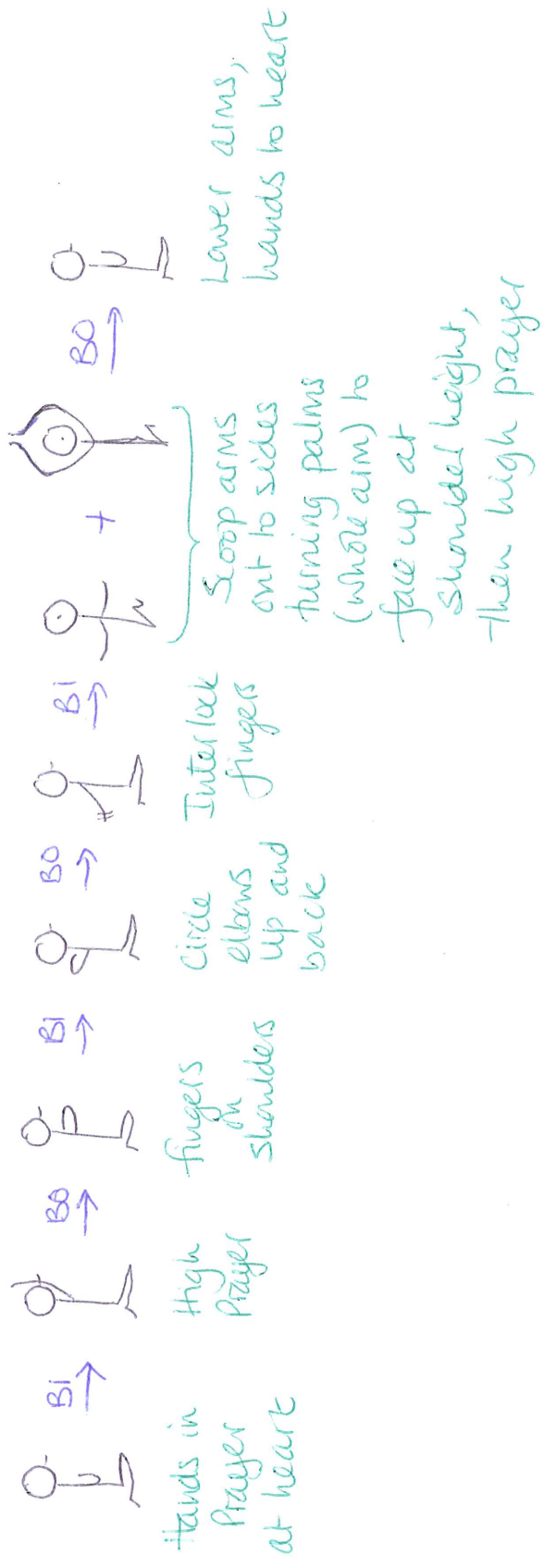


SEQUENCE FOR SHOULDER MOBILITY

Choose any comfortable, upright position - standing, cross-legged, low or high kneeling



Remember the sequence and practise with eyes closed!