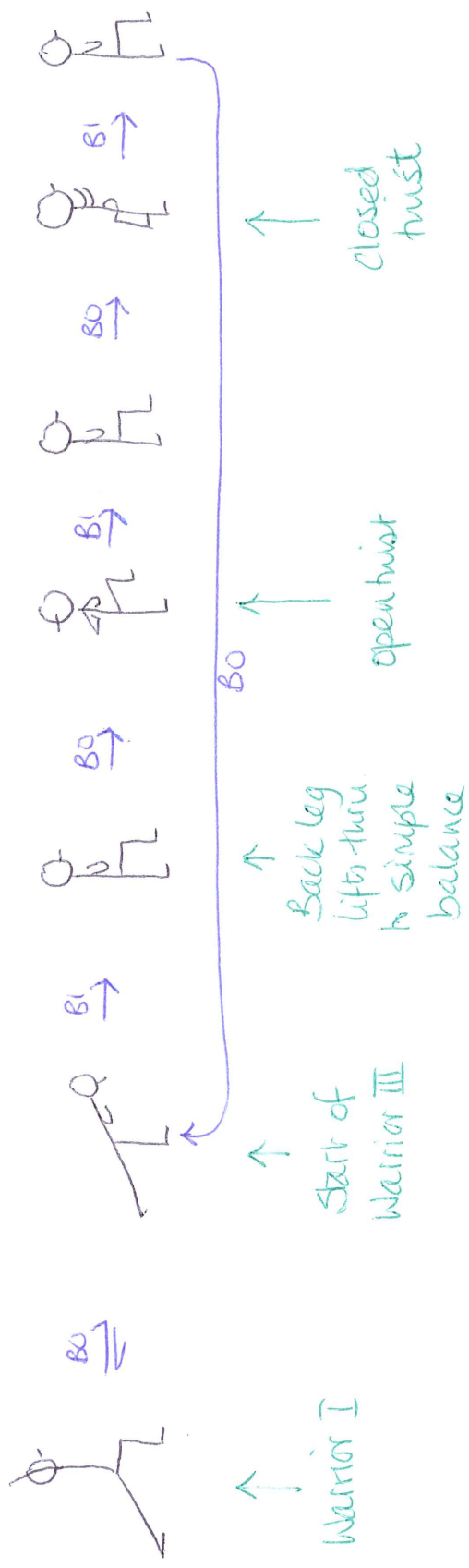


BALANCE SEQUENCE - MAY 2013

Lucy Murray



- REPEAT :
- #1 Keep toes down
 - #2 Balance
 - #3 Even in/out breath - let the breath guide you in/out of movements