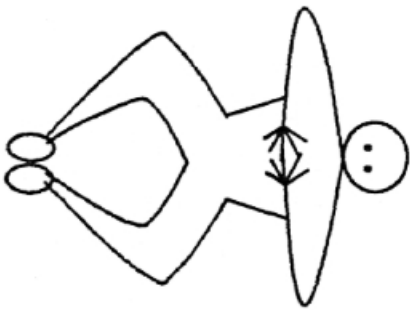
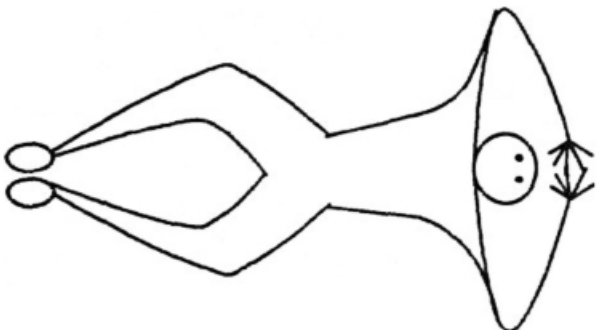


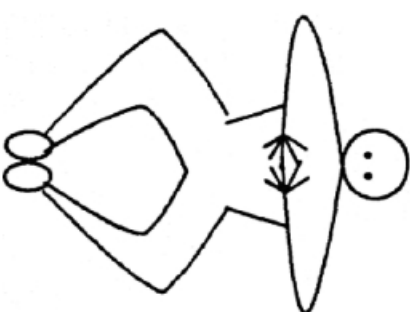
FROG



Lie on back.
Fingertips together over chest.
Focus eyes on hands.
Knees spread and soles of feet together.
Feet pulled up near crotch.



Keeping hands together always, move them in an arc over head and down to floor.
Tip head back and arch back to keep eyes on hands-in one smooth movement.
Stretch legs away from body keeping soles of feet together (knees will have to stay bent).



Move hands and feet back to first position.
Keep eyes on hands always.
Slow, smooth rhythm always.