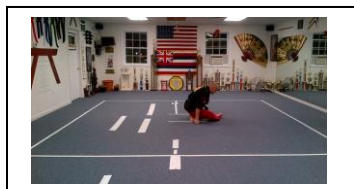
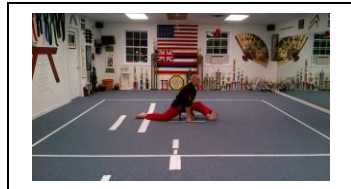
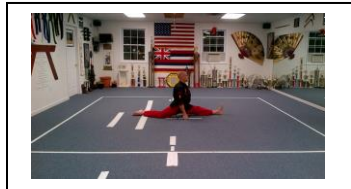
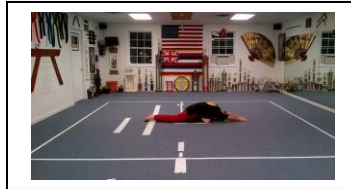
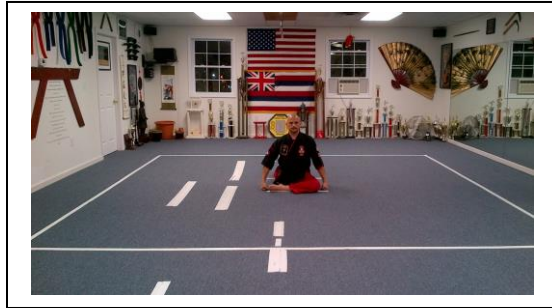


Advanced Stretching Concepts

Every student should be working on a daily stretching regimen to improve flexibility and vitality. Enhancing blood flow, circulation and the flow of energy is essential to maintaining balance and harmony in the body.

Stretch #1



Stretch #2



Stretch #3

