













# STRETCHING

<p>- 1 -</p>	 A person in a red tank top and black shorts performing a downward dog stretch, with hands on the floor and feet tucked under.	<p>- 2 -</p>	 Two images of a person in a red tank top and black shorts performing a standing forward bend. The first image shows the person standing upright with arms raised, and the second shows them bent over with hands reaching towards their feet.	<p>- 3 -</p>	 A person in a red tank top and black shorts lying on their back on an orange mat, with a blue exercise ball under their knees and feet on the ball.
<p>- 4 -</p>	 A person in a red tank top and black shorts performing a wall stretch, with their back against a wall and arms extended upwards.	<p>- 5 -</p>	 Two images of a person in a red tank top and black shorts performing a kneeling stretch. The first image shows them kneeling with arms raised, and the second shows them leaning forward with arms extended.	<p>- 6 -</p>	 Two images of a person in a red tank top and black shorts performing a seated forward bend. The first image shows them sitting upright, and the second shows them leaning forward with arms extended.
<p>- 7 -</p>	 Two images of a person in a red tank top and black shorts performing a seated shoulder stretch, with hands behind their head and arms raised.	<p>- 8 -</p>	 A person in a red tank top and black shorts performing a seated hip stretch, with one leg extended and the other bent.	<p>- 9 -</p>	 A person in a red tank top and black shorts lying on their back, with knees bent and arms raised.
<p>- 10 -</p>	 A person in a red tank top and black shorts performing a seated back stretch, with hands behind their back and arms raised.	<p>- 11 -</p>	 Two images of a person in a red tank top and black shorts performing a seated meditation or yoga pose, with hands on their knees.	<p>- 12 -</p>	 A line drawing of a person in a red tank top and black shorts, with their hands behind their back and arms raised, similar to stretch 10.

# STRETCHING

- 13 -



- 14 -



- 15 -



- 16 -



- 17 -



- 18 -



- 19 -



- 20 -



- 21 -



- 22 -







- 23 -



- 24 -



# STRETCHING

- 25 -		- 26 -		- 27 -	
- 28 -		..		..	
..		..		..	
..		..		..	