

Pretzel

Sit in your chair with your legs crossed.
Put your arms straight out,
With your thumbs pointing down.
Cross your arms and hold your hands.
Pull your hands up to your chest.
Breathe some DEEP breaths...
Feel yourself RELAX ©

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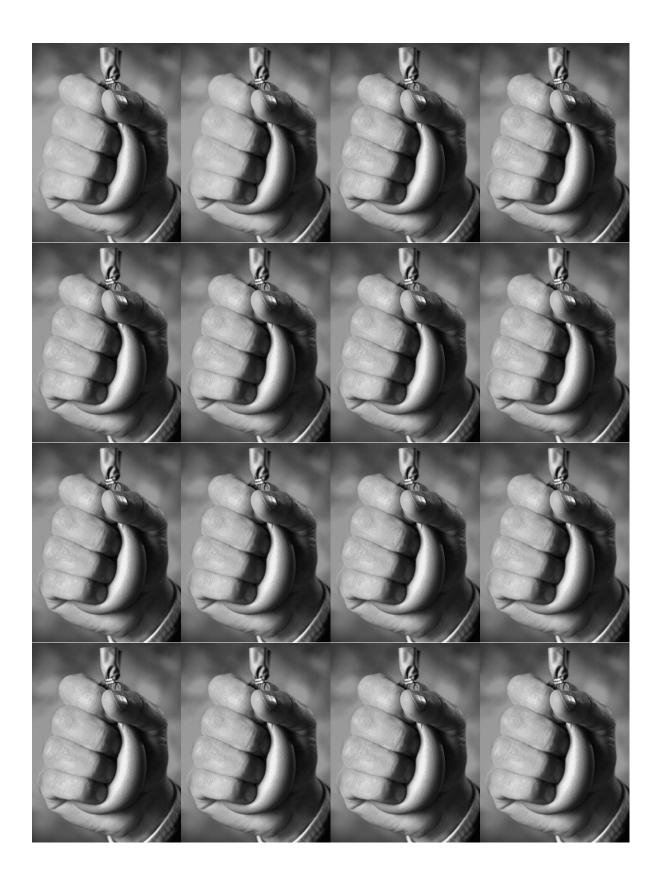
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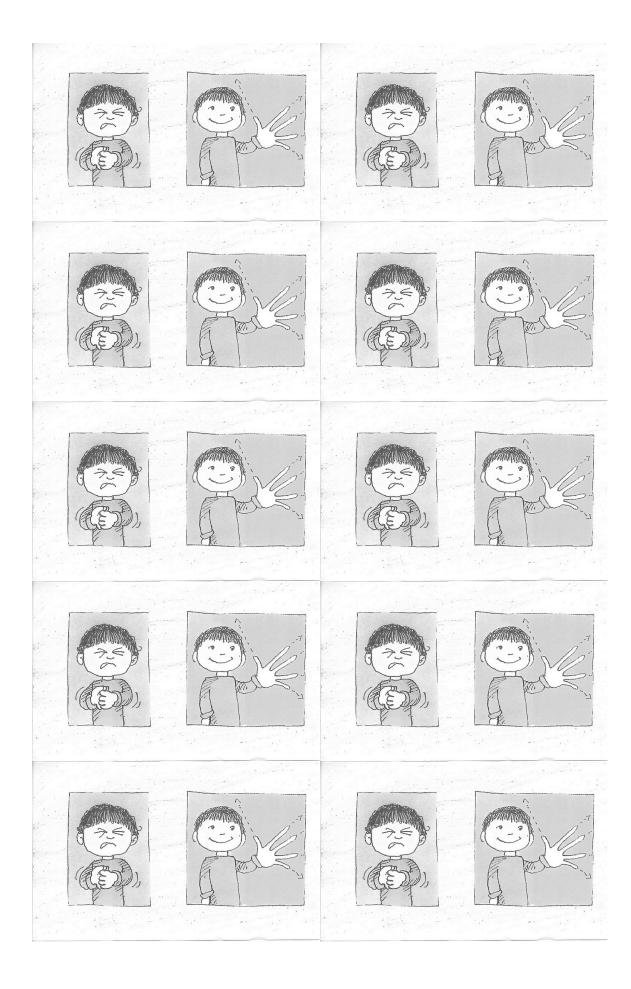
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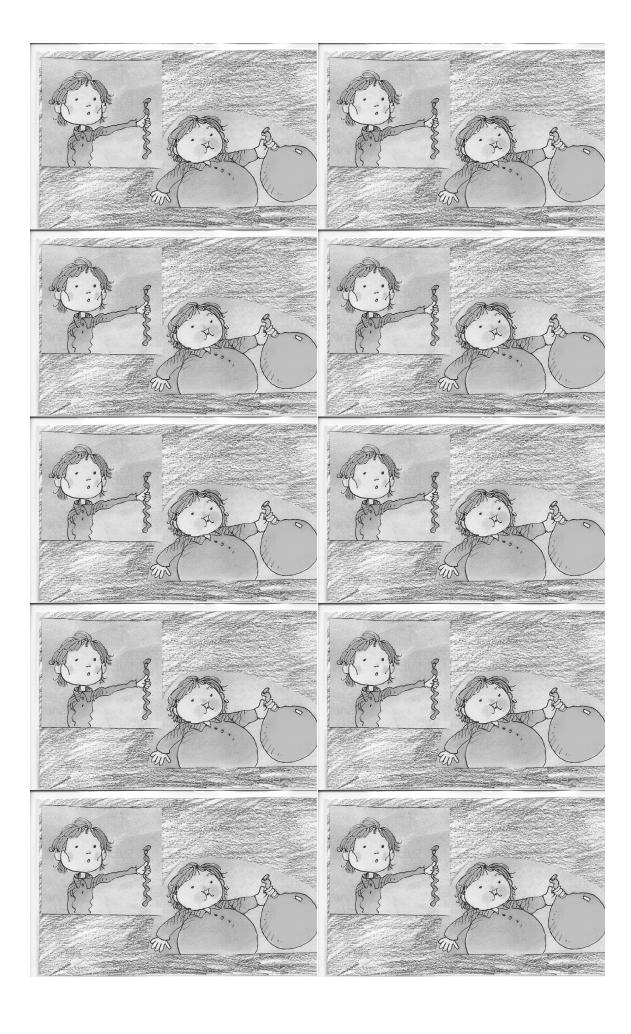
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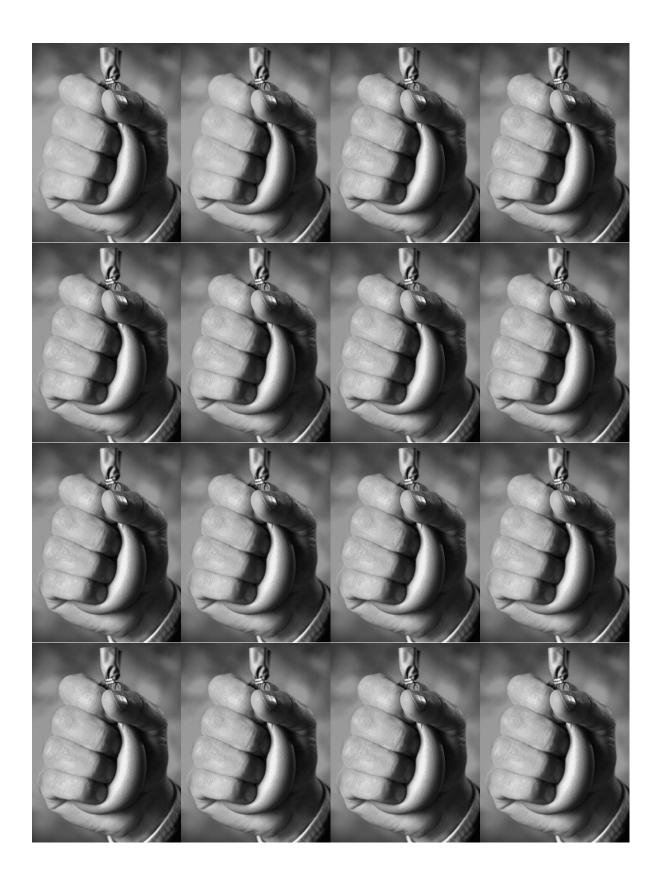
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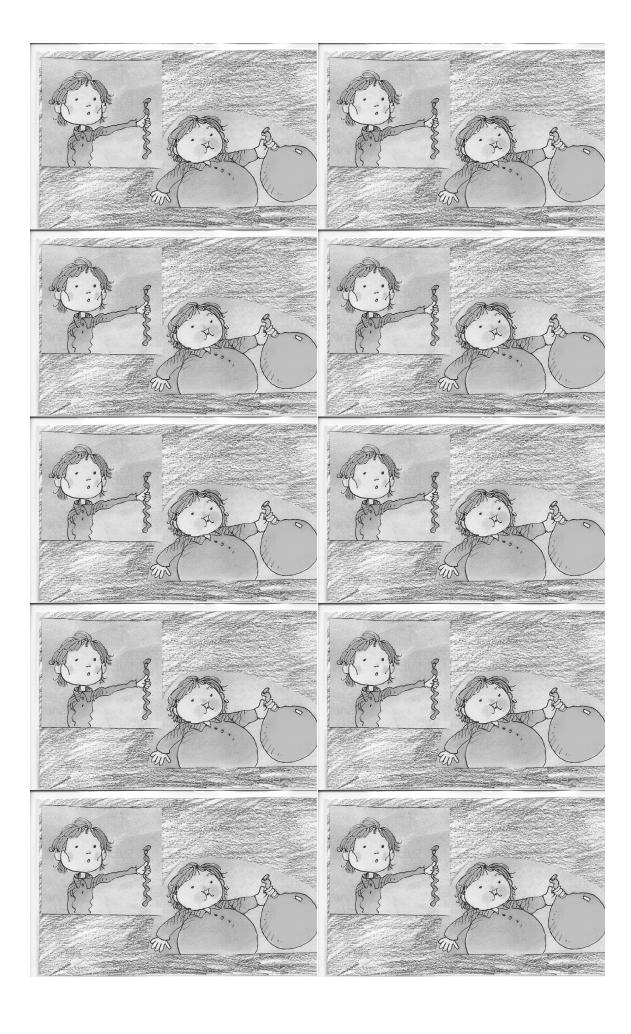
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