

Restorative Sequence

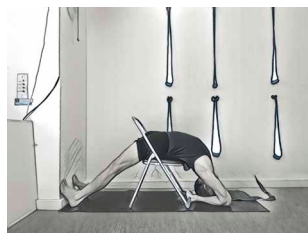
Start with this and hold for 3 - 5 mins



Choose one and hold for 5 - 15 mins



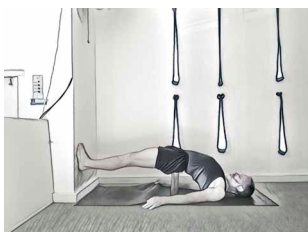
Choose one and hold for 5 - 10 mins



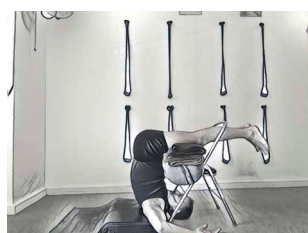
Choose one and hold for 5 - 10 mins



Choose one and hold for 3 - 8 mins



Choose one and hold for 3 - 8 mins



Choose one and hold for 3 - 8 mins



Finish with this and hold for 5 - 10 mins

