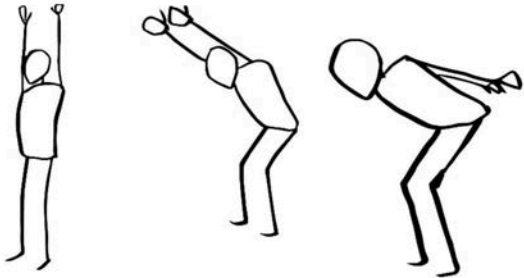


# THE FOUNDATION

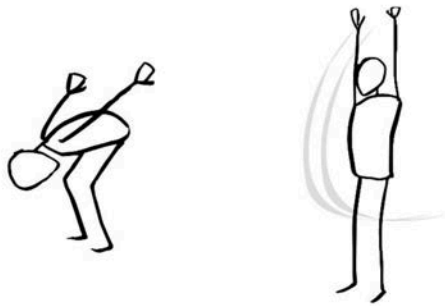
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GENTLE EXERCISE GOOD FOR A WARMUP OR COOL DOWN.

STANDING UP STRAIGHT.  
TAKING IN A NICE INHALE AND EXHALE.

GENTLY BEND YOUR KNEES  
AND BRING YOUR ARMS OVER YOUR HEAD  
(PALMS FACING EACH OTHER THE ENTIRE MOVE).



SLOWLY BEGIN TO LEAN FORWARD FROM YOUR HIPS,  
KEEPING YOUR BACK STRAIGHT AND  
YOUR ARMS TO THE SIDE OF YOUR HEAD  
AS CLOSE TO THE EARS AS POSSIBLE.

SLOWLY LOWERING YOUR HANDS TO YOUR SIDES, LET  
YOUR SHOULDERS AND BACK ROLL WHILE REACHING  
YOUR ARMS BEHIND YOU. BEGIN BRINGING THE ARMS  
BACK TO YOUR HEAD AND STRAIGHTEN YOUR BACK.  
COME BACK TO A STANDING POSITION.

REPEAT 10-15 TIMES.

DO NOT SPEED UP THE EXERCISE. KEEP YOUR PALMS FACING INWARD TOWARD EACH OTHER  
AND YOUR KNEES SLIGHTLY BENT DURING ALL MOVEMENT PHASES OF THE EXERCISE.  
DO NOT HOLD YOUR BREATH.