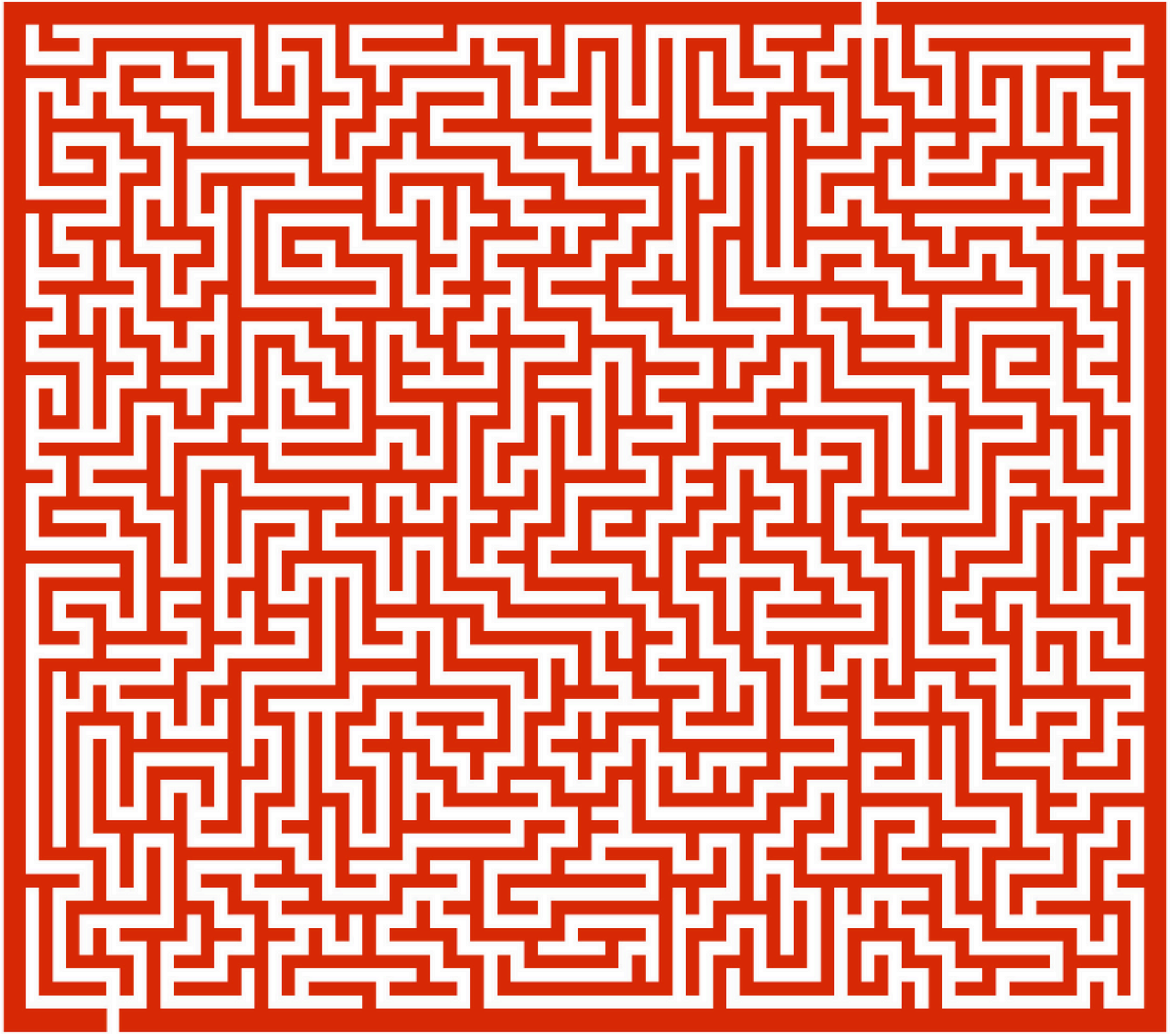


WINTER WARM UP

CHRISTMAS MAZE



WINTER WARM UP

SILENT NIGHT STRETCH

BEFORE BED TONIGHT, TAKE 5-10 MINUTES TO COMPLETE THIS RELAXING ROUTINE. HOLD EACH POSE FOR 30 SECONDS, THEN MOVE ON TO THE NEXT.

