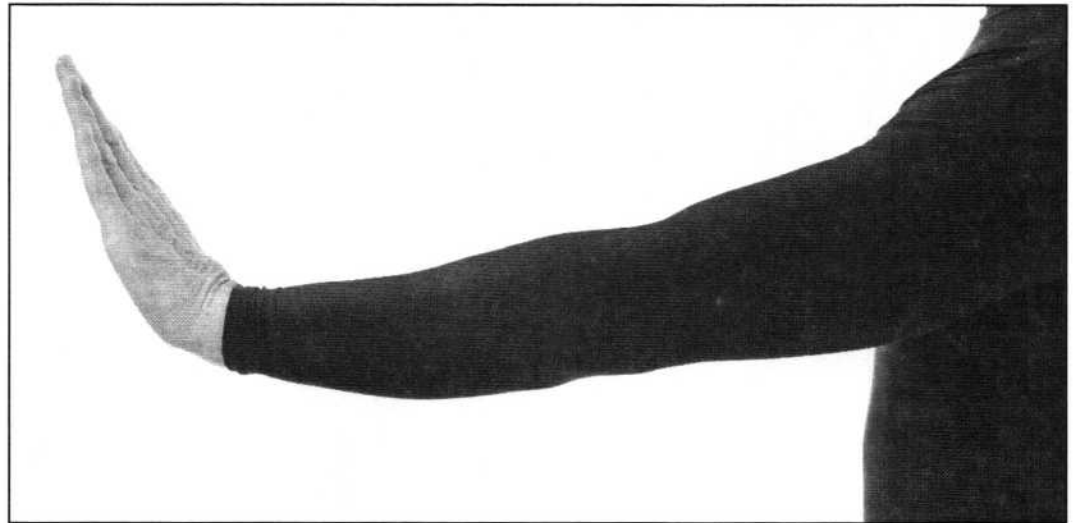
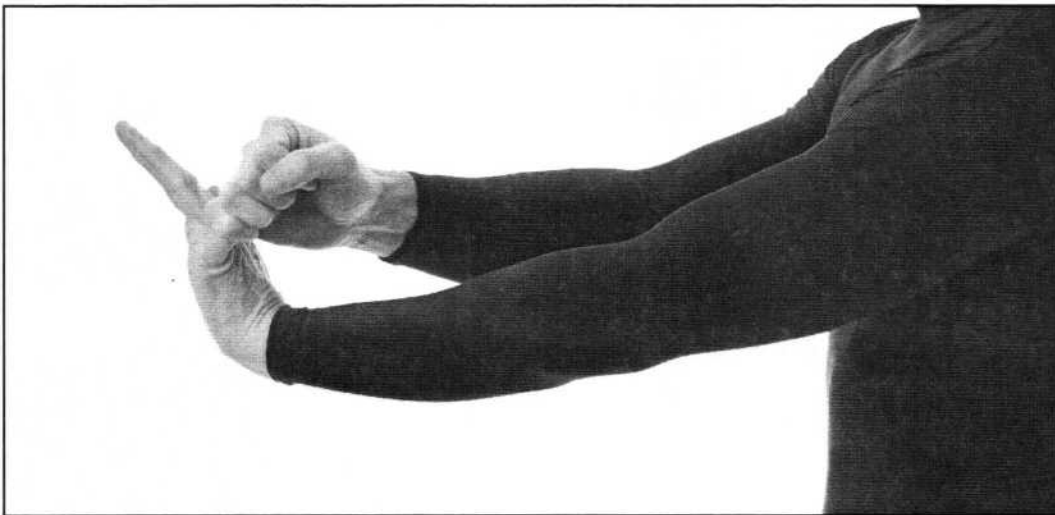


☯ Position 9 FIVE-FINGER PULL

Extend one arm in front of the body,
palm facing away as if stopping traffic.

1

Reach across with the opposite hand and grasp the little finger of the
extended hand. Pull each finger individually back towards the body.
Hold for five to 10 seconds, exhaling with each pull.

2**3**

Reverse positions and repeat. Shake hands lightly.

Position 12 **OPEN WRIST CIRCLES**

Repeat **Position 11** with open hands, fingers loose. Moving slowly, flex and extend the wrists through the full range of motion.

