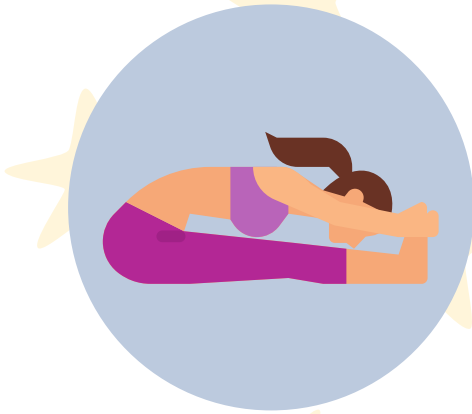


# 5 Stretches

TO DO BEFORE BED



**Camel Pose**



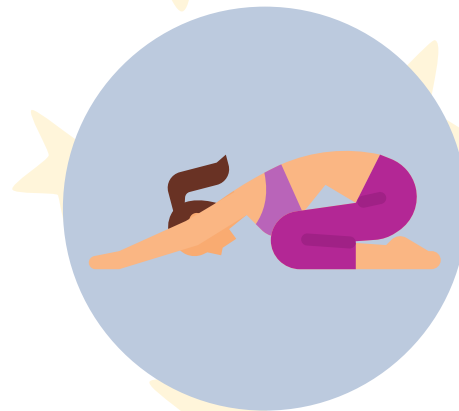
**Reach for your Toes**



**Knee to Chest**



**Butterfly**



**Child's Yoga Pose**