

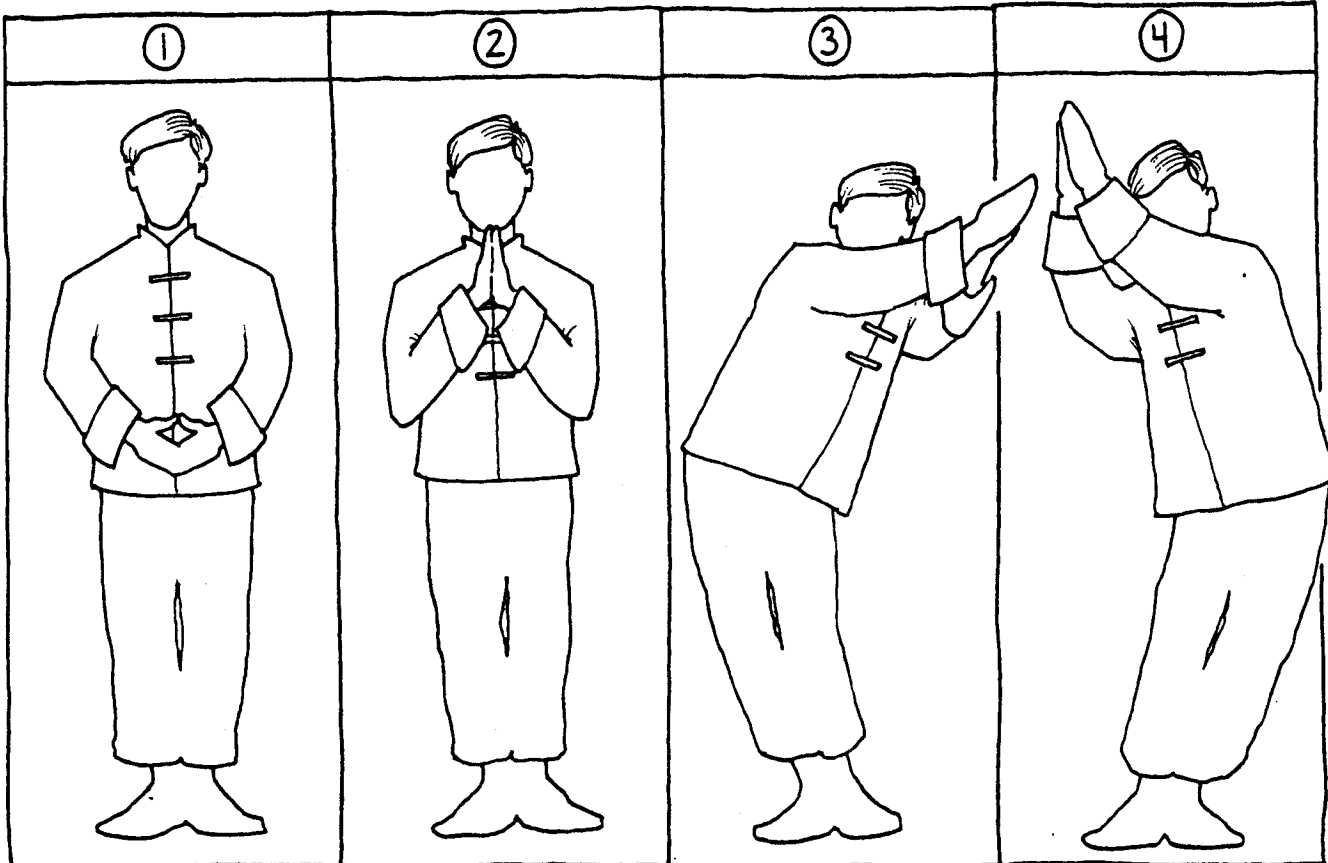
SWIMMING

dragon

INHALE

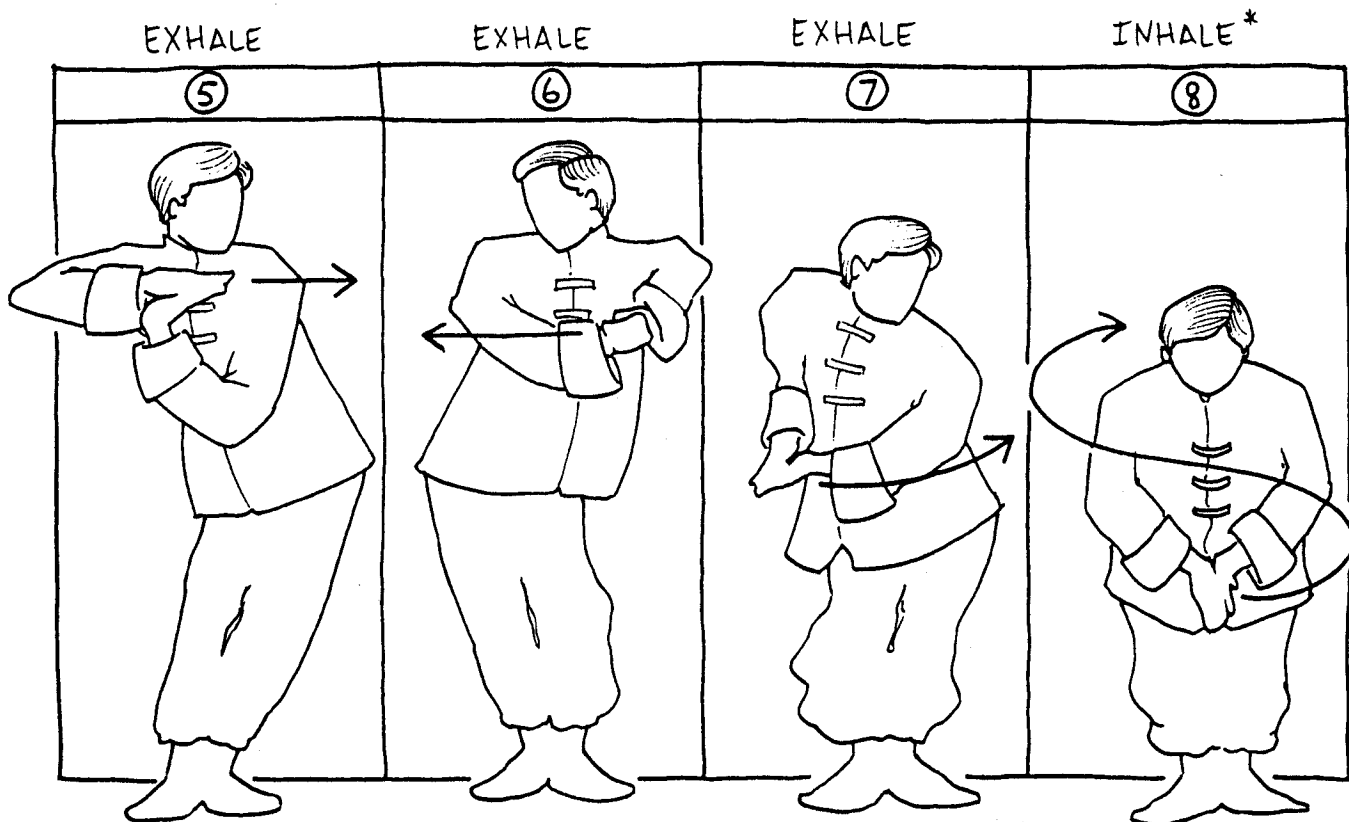
INHALE

INHALE

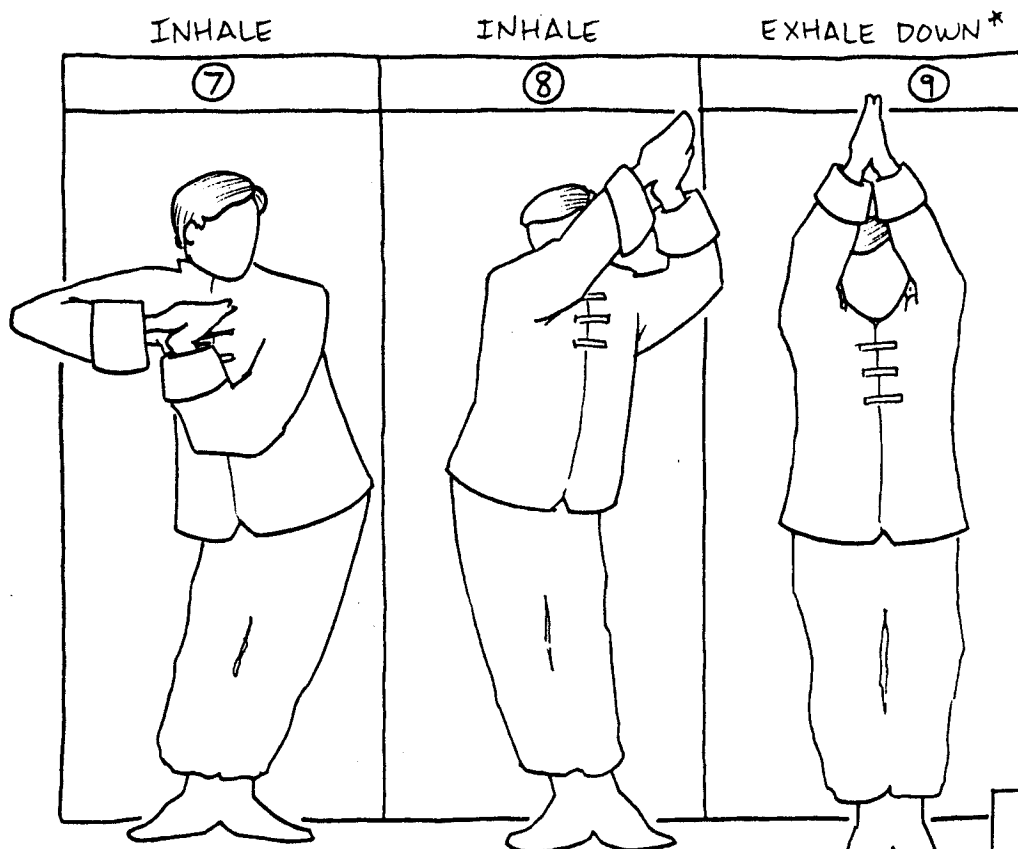


KARL ARDO

karl@movinginstillness.com
www.movinginstillness.com
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*MOVING UP THROUGH PREVIOUS MOTIONS, REVERSING THEM



*REPEAT NINE TIMES OR TWENTY MINUTES

KARL ARDO
 karl@movinginstillness.com
 www.movinginstillness.com
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