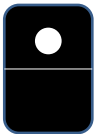
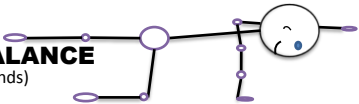
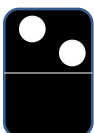
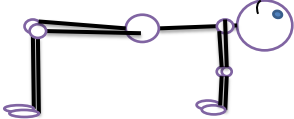
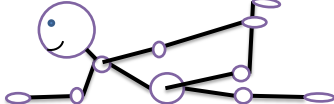
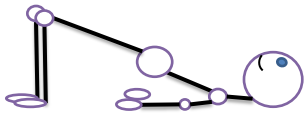
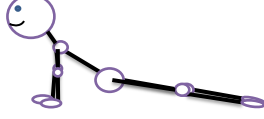
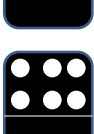
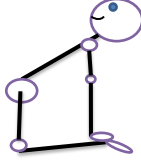
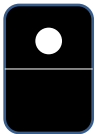
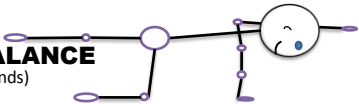
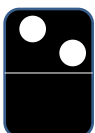
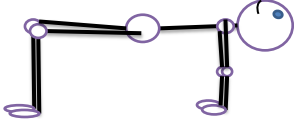
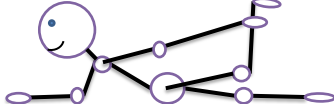
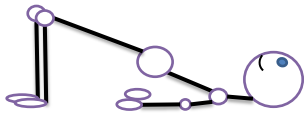
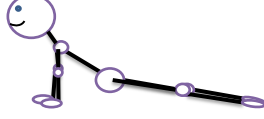
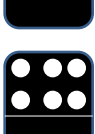
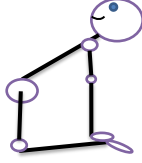


D I Z Z Y Etc. D O M I N O S		SPINAL BALANCE (10 seconds)	
		TABLETOP	
		1/2 BOW	
		BRIDGE	
		UP DOG	
		CAMEL	

**BACK
BENDS**

D I Z Z Y Etc. D O M I N O S		SPINAL BALANCE (10 seconds)	
		TABLETOP	
		1/2 BOW	
		BRIDGE	
		UP DOG	
		CAMEL	

**BACK
BENDS**