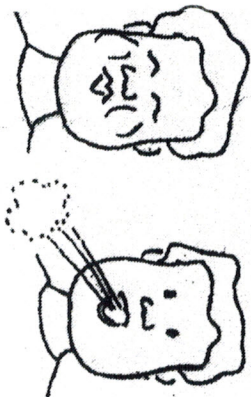
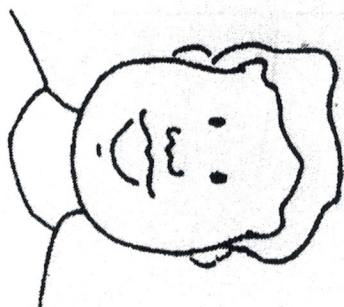


Blow out and relax.....



Now hold your breath.

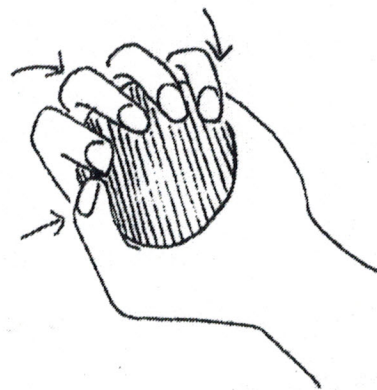


Now you are nice and relaxed.

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Yack, Sutton and Aquilla . pgs 77- 83

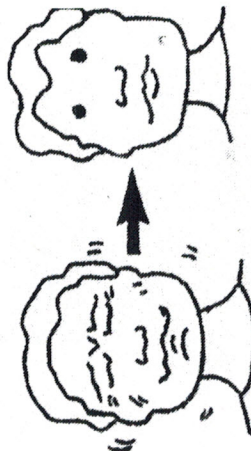
Adapted for  
By S.Sutton 2011

Hold the ball and squeeze tight.



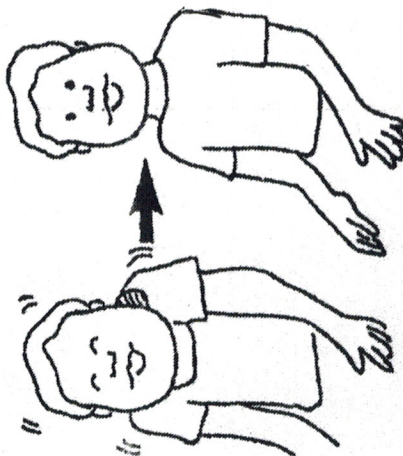
Now let go, relax.....

2. Make a "monster" face.



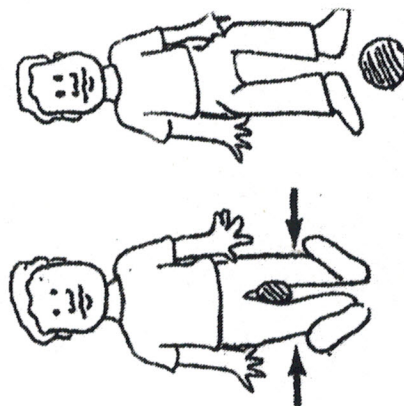
Now let go, relax.....

Squeeze the ball with your shoulders.



Now let go, relax.....

Squeeze the ball with your knees.



Now let go, relax.....