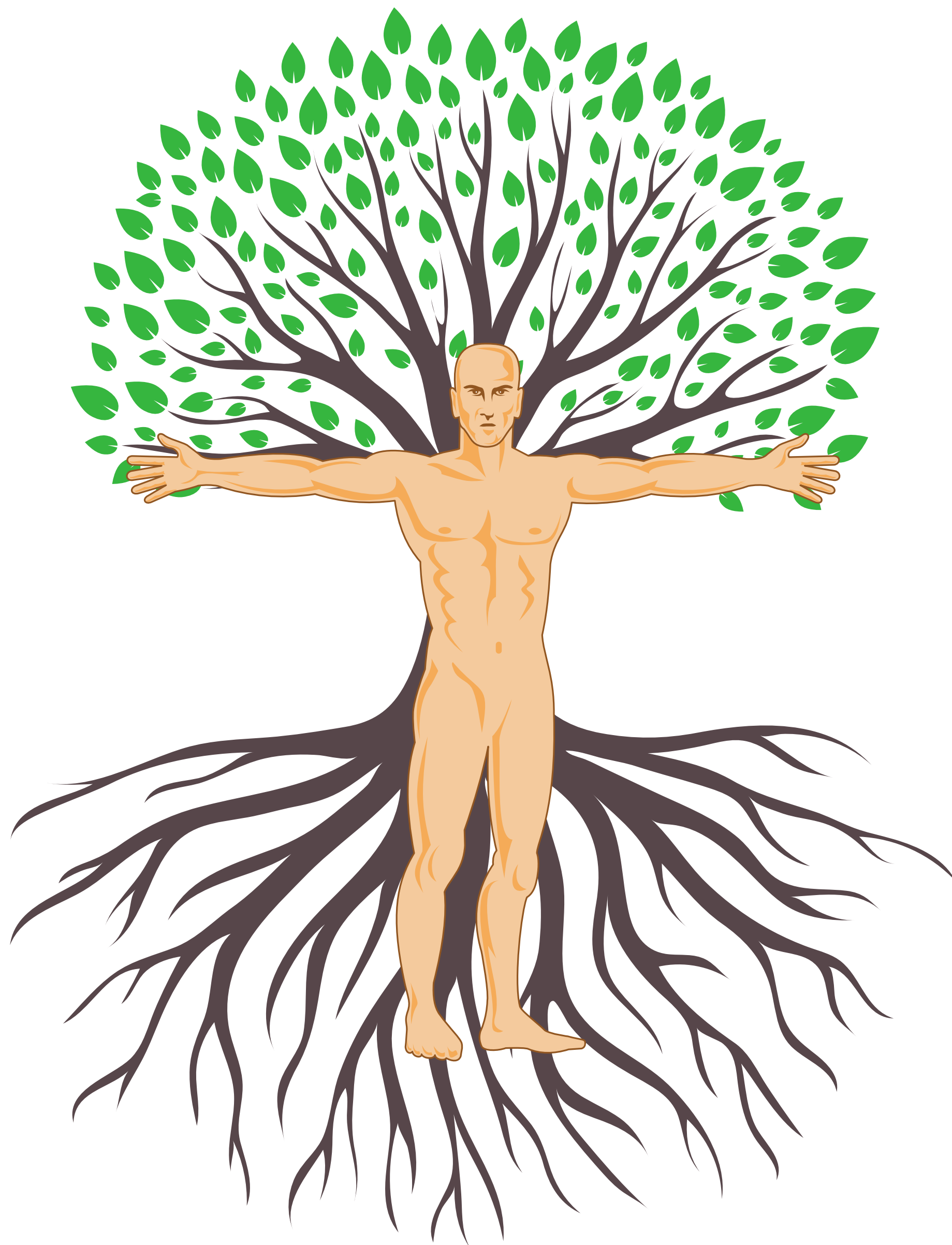


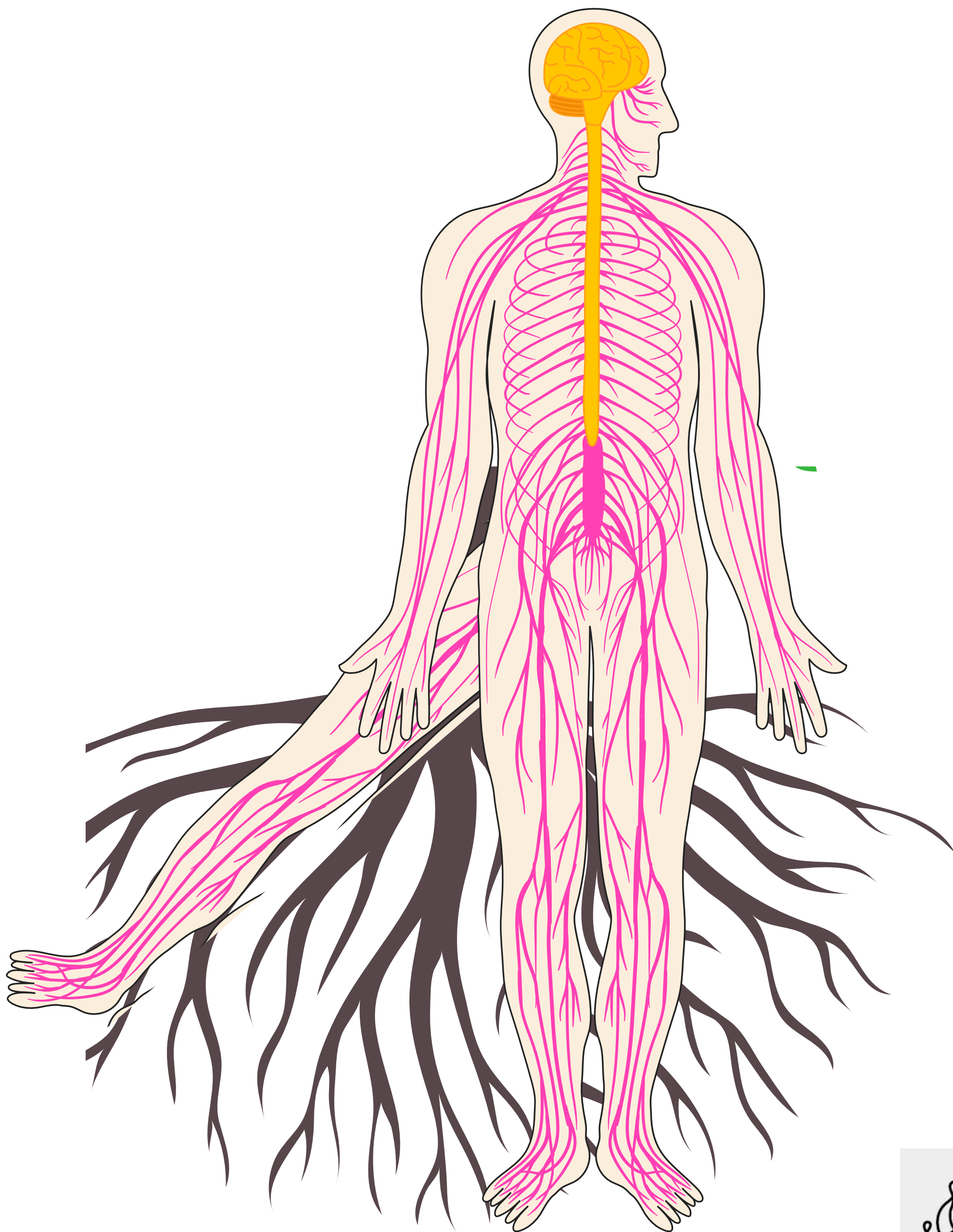
VISUALIZING FREEDOM OF MOVEMENT

in Sitting, lying or standing



LOWER BODY

Trace the path of the tree roots under you. Move your hips, knees and ankles to sprout roots in every direction.



UPPER BODY

Trace the path of the branches above you. Move your shoulders, elbows and hands to sprout leaves in every direction.

