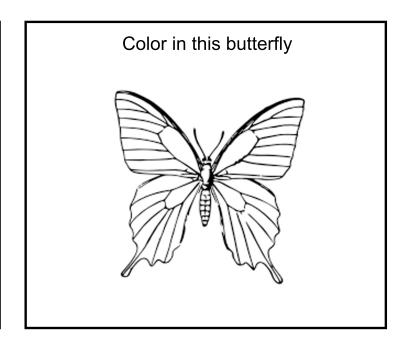
Center Stretches

Fill in the boxes below!

Draw yourself in butterfly position



Draw yourself in a forward stretch

How would you describe this stretch? Where do you feel sore?