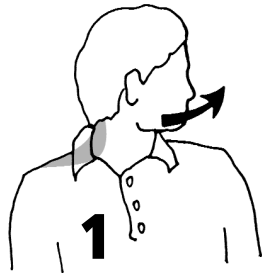


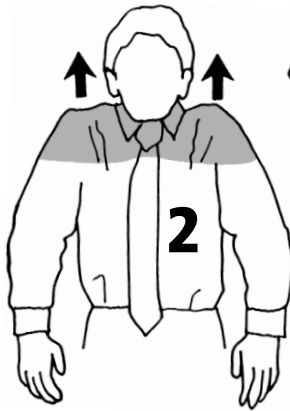
Traveler's Stretches

Approximately 2 Minutes

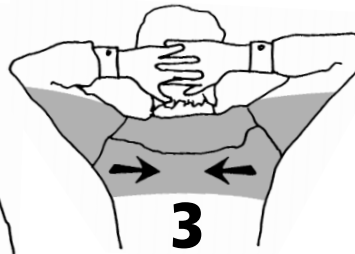
Stretch at various times throughout your journey to help your body feel less stiff and tight.



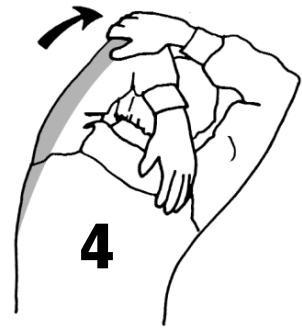
1
3-5 seconds
each side
(page 92)



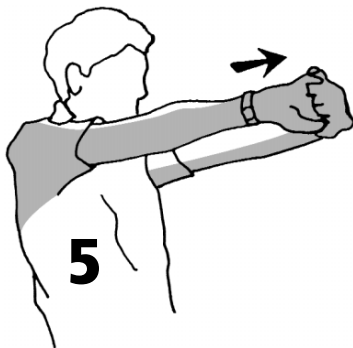
2
3-5 seconds
3 times
(page 46)



3
3-5 seconds
(page 91)



4
5 seconds
each side
(page 44)



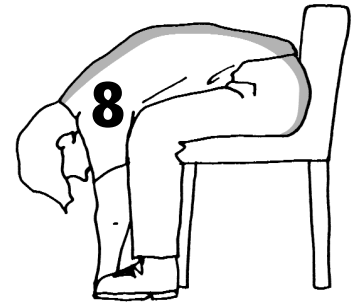
5
15 seconds
(page 90)



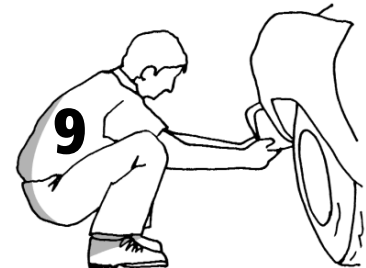
6
8-10 seconds
(page 90)



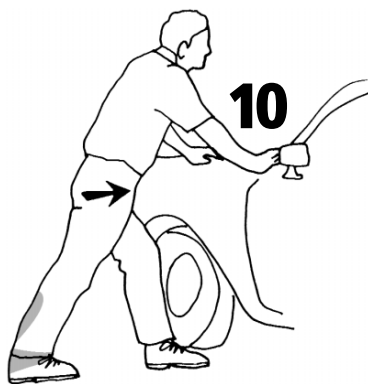
7
8-10 seconds
each side
(page 60)



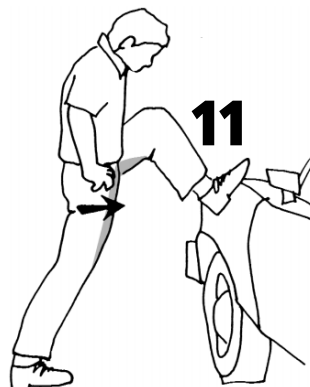
8
5 seconds
(page 92)



9
10 seconds
(page 66)



10
10 seconds
each leg
(page 71)



11
8 seconds
each leg
(page 74)



12
10 seconds
each leg
(page 73)