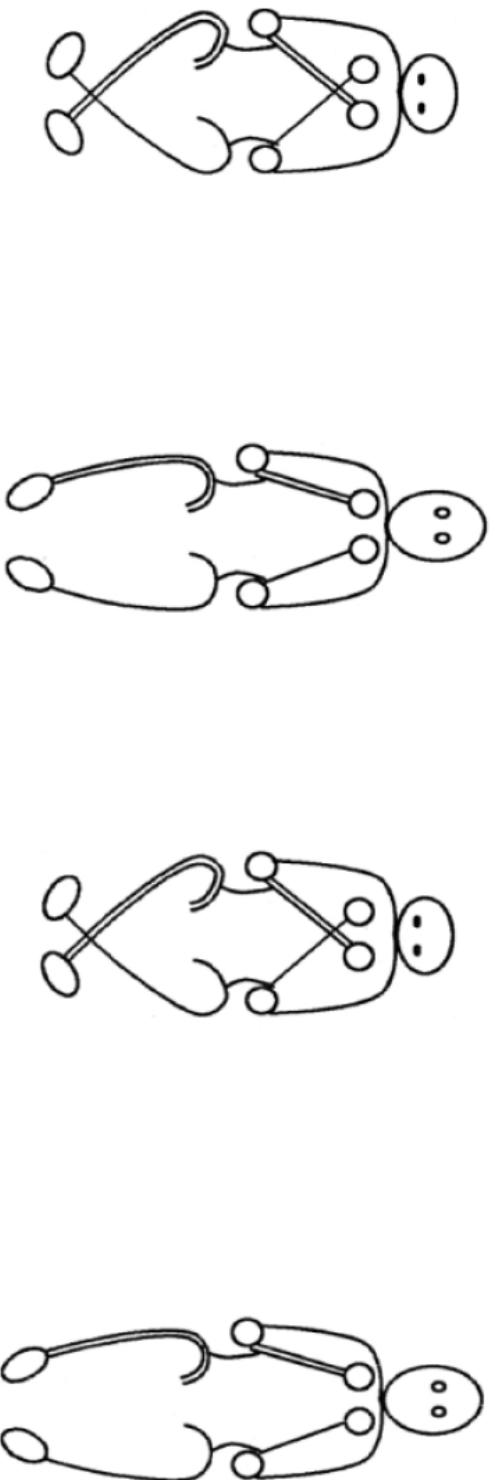


FETAL CROSSING



Lie on back in fetal

position. Thumbs

are tucked inside

fists. Tip head up.

Cross arms at wrists

and legs at ankles,

with right arm and

right leg on top.

Put head back.

Uncross arms

and legs.

Tip head up. Cross
arms at wrists and legs
at ankles, with arm and
left leg on top this time.

Head back, uncross.

Remember: thumbs tucked inside fists.
Smooth switch from one side on
top to the other, and back.

Counting: Each time you
tip your head up
counts as 1