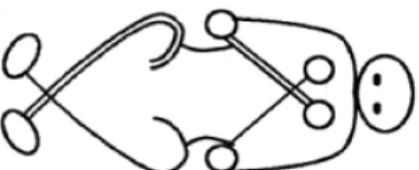
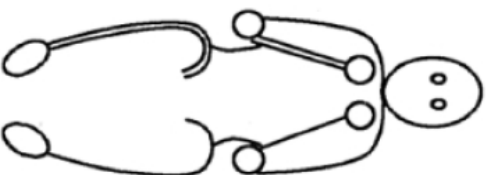
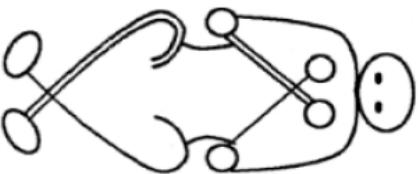


FETAL CROSSING



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

