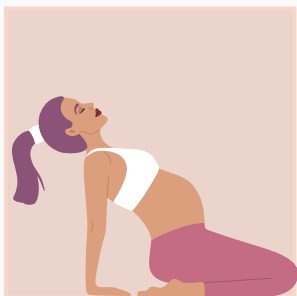


# pregnancy stretches



5 inhale 6 hold 7 exhale

# dr karens cheat sheet



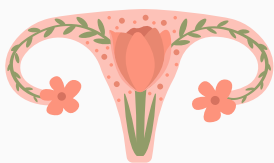
OXYTOCIN = DILATION

*embrace ease*



5-6-7 BREATHING + FLEXION

*ride the wave*



FLOPPY FANNY FLOPPY FACE

*let go relax*



KICO KNEE IN CALF OUT

*open passage*

NANDISH CHIROPRACTIC