



Stretching Basics: Breathe - Stretch - Relax

Sigung Manuel Sanchez, Dr. Logan Osland D.C.

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We put together this project with the idea of giving people a routine to stretch out the entire body in a simple, efficient manner. Most people start stretching after an injury and are doing some rehabilitation. We all know, or should know, maintaining some flexibility is important to the way our body functions, mentally and physically.



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Playing with family in a very park, coming to see the marine world or hanging out with good friends is thing that usually you may have done when you have spare time, after that why you don't try point that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Stretching Basics: Breathe - Stretch - Relax, you may enjoy both. It is good combination right, you still desire to miss it? What kind of hang type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its identified as reading friends.

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