

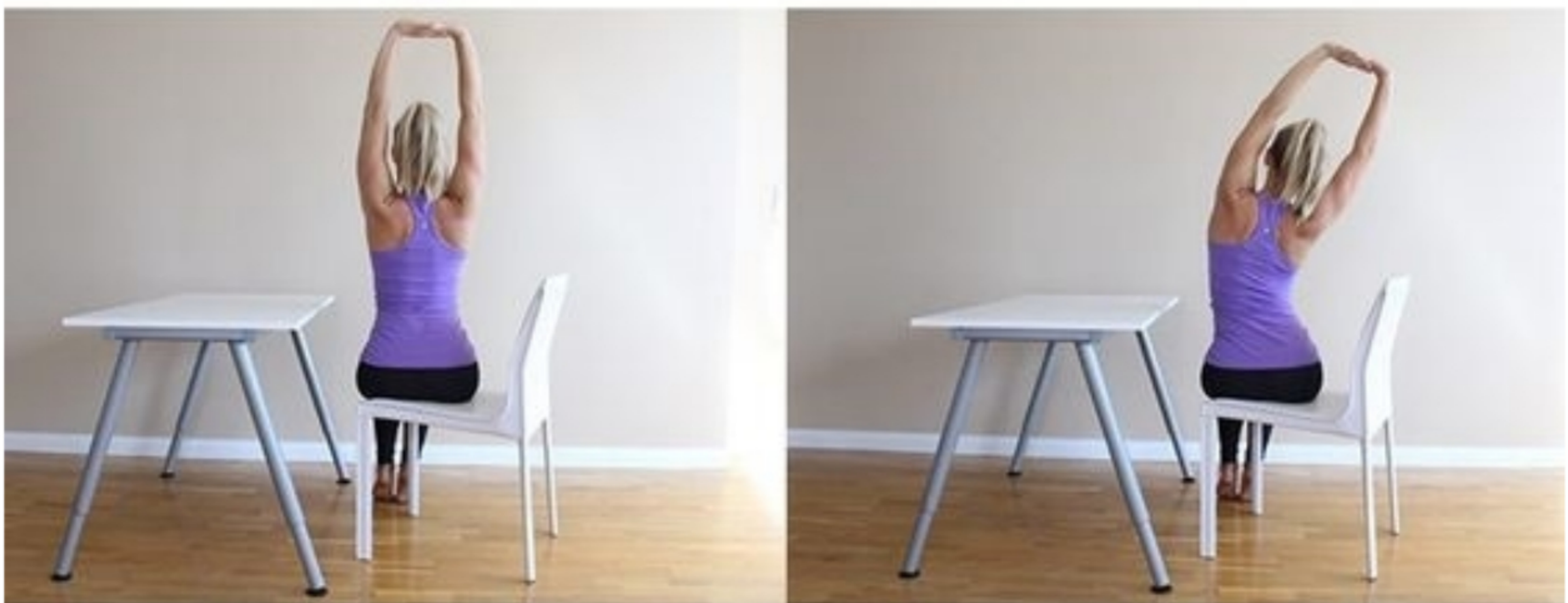
Seated stretches for Neck and Shoulder pain



BOUND NECK RELEASE



SEATED CAT COW



SEATED HALF MOON