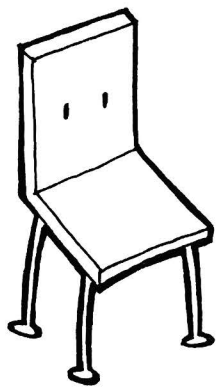


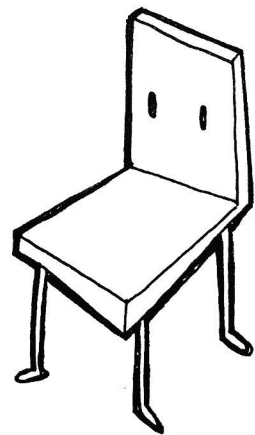


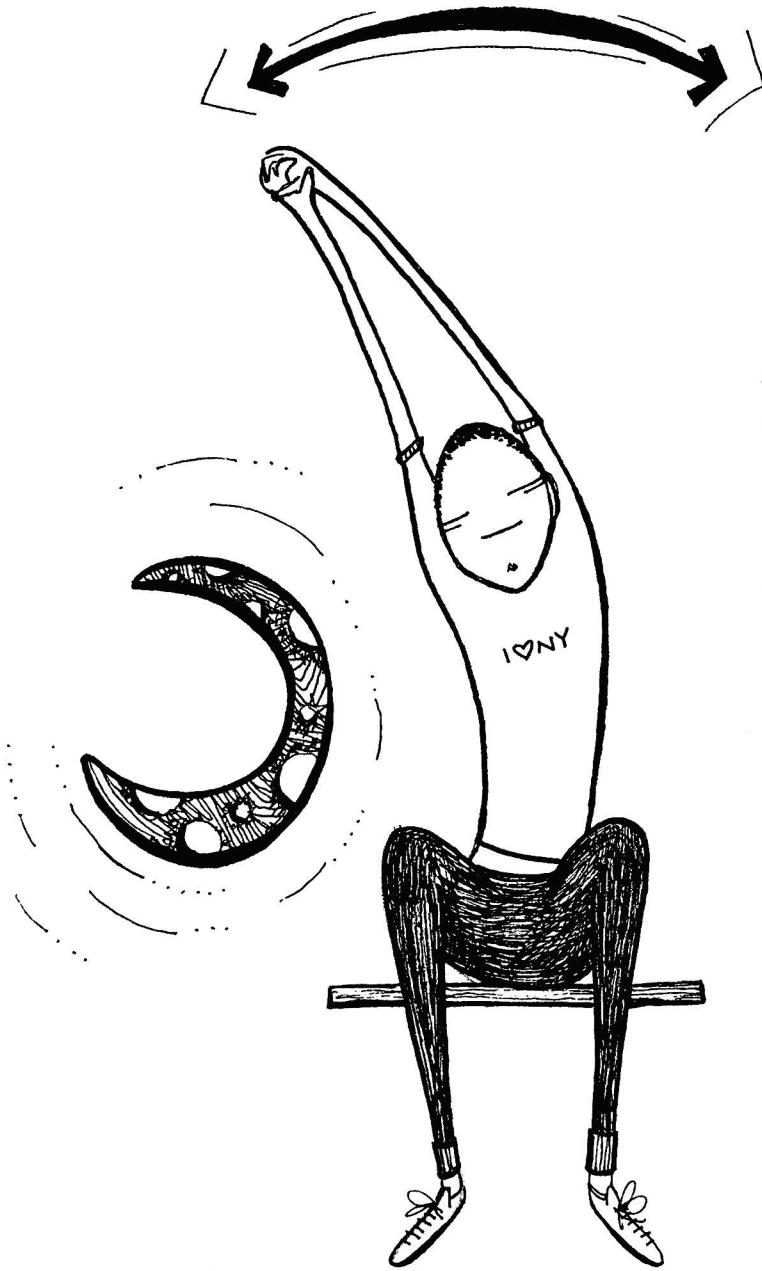
STRETCH

while you



SIT.





1. CLASP HANDS TOGETHER.
2. BECOME THE CRESCENT MOON.

1. CROSS LEGS & TWIST.

2. CHECK BEHIND  
YOU FOR GHOSTS.



ROUND  
like a  
Scaredy Cat  
YOUR BACK





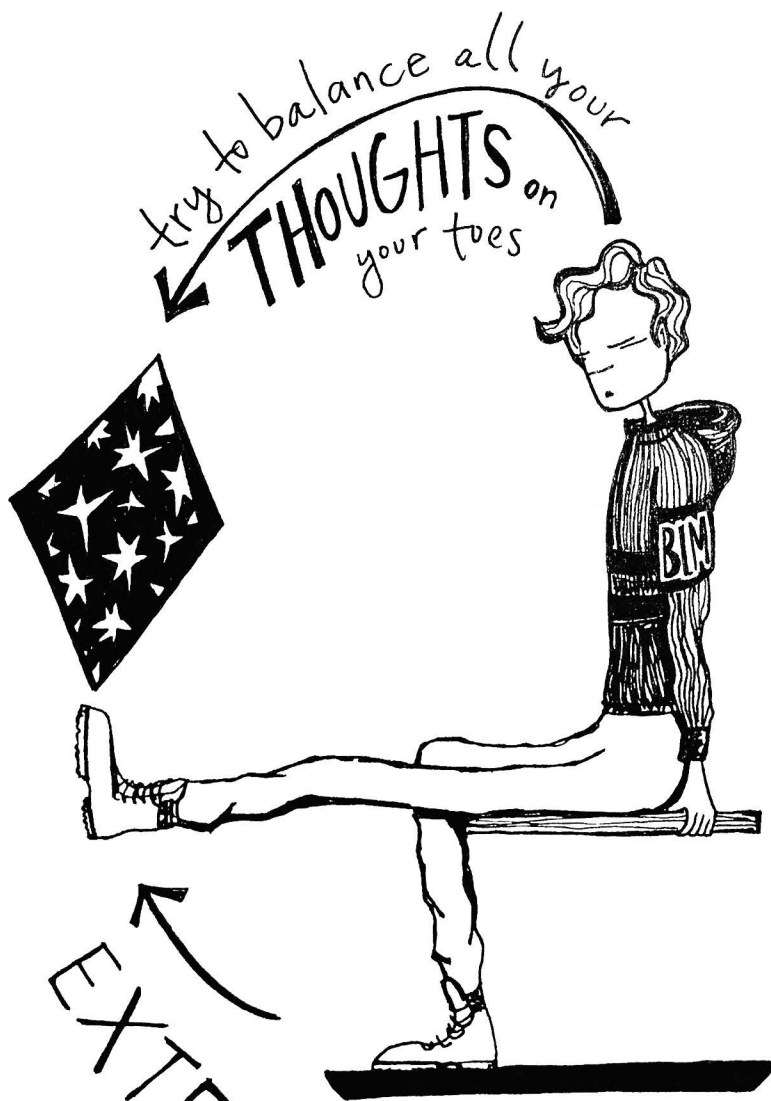
1. CROSS YOUR  
LEG

2. PRESS DOWN  
GENTLY  
ON  
YOUR  
KNEE.



THIS POSE  
IS CALLED  
SEATED  
PIGEON

after my  
father...



try to balance all your  
**THOUGHTS** on  
your toes

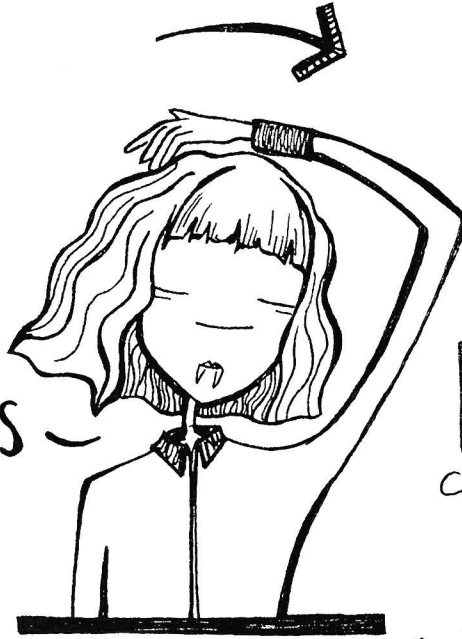
EXTEND

YOUR LEGS

TO INCREASE  
**CIRCULATION**

# NECK STRETCHES

ARE REALLY IMPORTANT FOR US VAMPIRES



A strained neck could mean you LOSE YOUR LUNCH.



I CAN TURN MY HEAD 360 DEGREES - BUT IF YOU'RE NOT A VAMP - just turn your head side-to-side. (slowly)