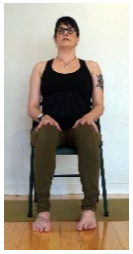
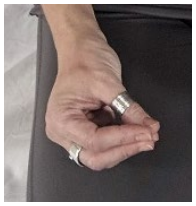
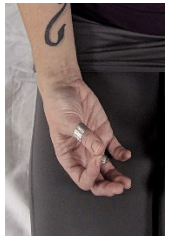
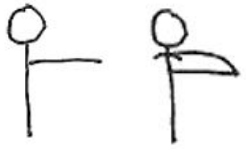
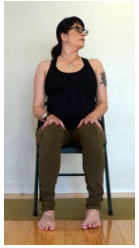
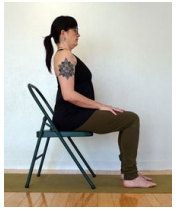
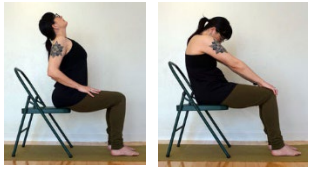
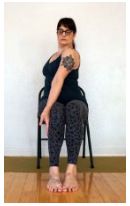
Joint Health Protocol

"I am pain free" *"I am pain free"* *"I am pain free"* **State Sankalpa**	 **Belly Breathing**	 **Mukula Mudra** *on painful parts of body*	 **Chair Toe Lifts**	 **Chair Ankles**
 **Chair Knees**	 **Chair Wind Relieving**	 **Chair Fingers**	 **Chair Wrists**	 **Chair Elbows**
 **Chair Shoulder Shrugs**	 **Shoulder Pro/Retract**	 **Shoulder Circles**	 **Chair Yes / No**	 **Chair Nose Circles**
 **Chair Lateral Bend**	 **Chair Cat/Cow**	 **Chair Twist**	 **Body Scan**	*"I am pain free"* *"I am pain free"* *"I am pain free"*