





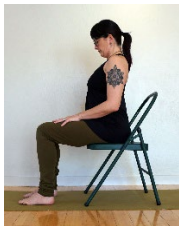











| | | | | |
|--|---|--|---|---|
| SEATED (in seat or at rest areas/airport) |  |  |  |  |
| |  |  |  |  |
| |  |  |  |  |
| STANDING |  |  |  |  |

Flex Toes

Point/Flex Ankle

Ankle Rotations

Seated March

Knee to Chest

Thread the Needle

Shoulder Rotations

Neck Movements
up/down, right/left, side/side

Forward Fold

Lateral Bend

Hug Shoulder

Pushan Mudra
for motion sickness and nausea

SEATED (in seat or at rest areas/airport)

STANDING

Warrior I

Down Dog on Chair

Standing Side Bend

Legs in Chair
hold 15 minutes