

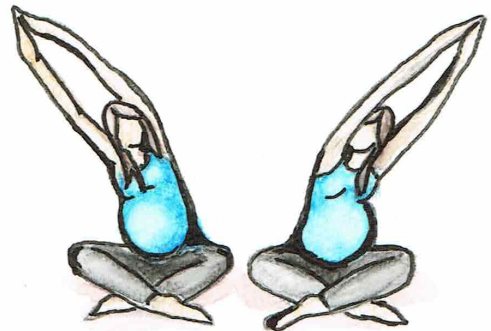
Stretchers for Your Pregnancy Journey



Seated Neck Stretch
in 2 Directions



Seated Groin Stretch



Seated Side Stretch



Spine Lengthening
Hamstring Stretch



Seated Buttock Stretch



Chest Expansion Stretch



Cat/Cow Stretch



Modified Child's
Pose