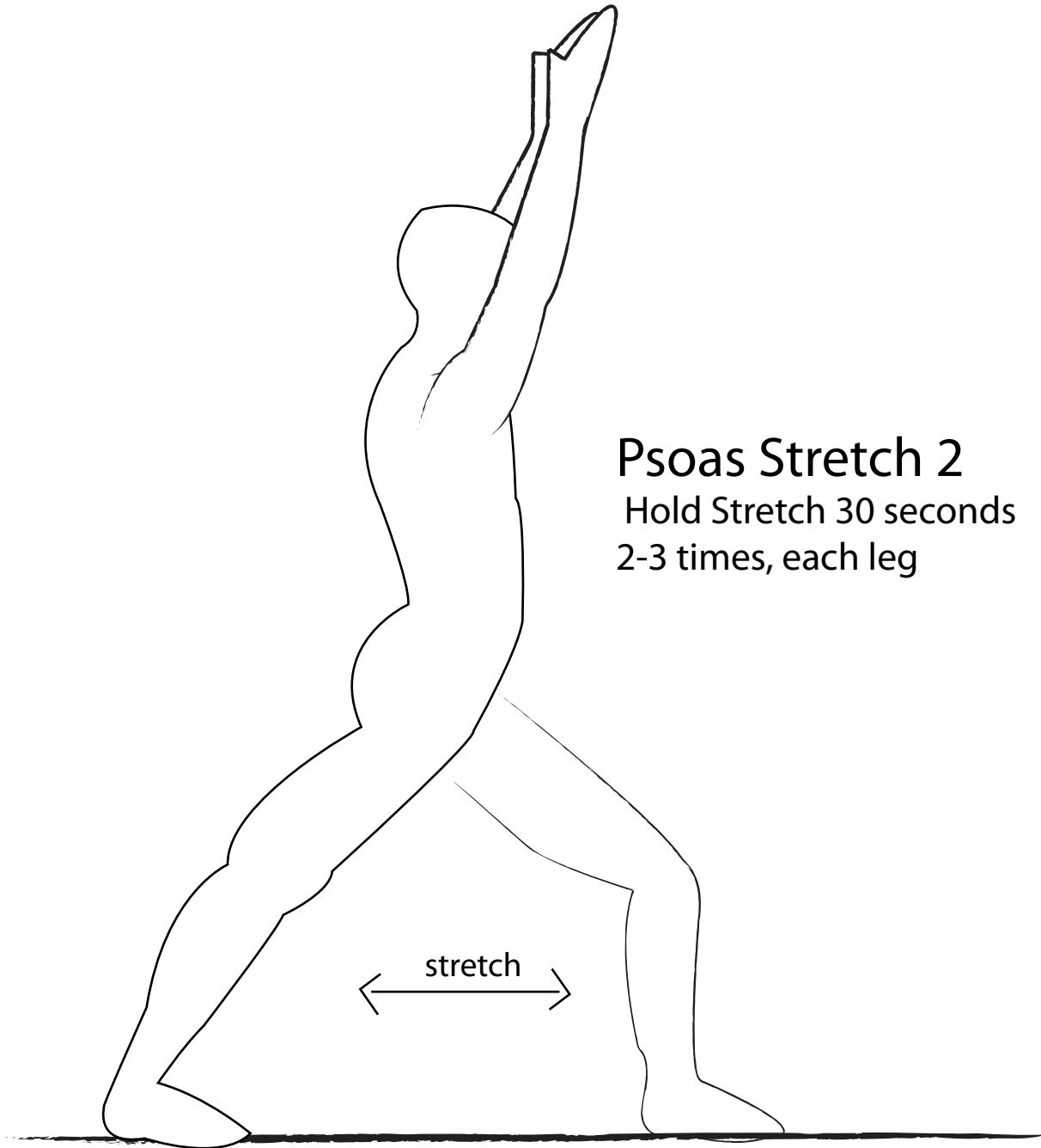




- Chiropractic
- Acupuncture
- Integrative Medicine
- Dietary Disease Prevention

Therapeutic Massage • Yoga & Pilates



Psoas Stretch 2

Hold Stretch 30 seconds
2-3 times, each leg