

COME TO YOUR SENSES with Stretch-eze® by Leslie Kazadi & Kimberly Dye

Shoulder Foot Wrap for Savasana



Head Foot Wrap for Viparita Karani and Supta Upavishta Konasana



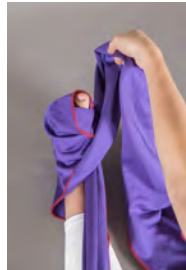
Inside Reins Wrap for Viparita Karani and Supta Padangustasana



Inside Reins Wrap for Ananda Balasana and Supta Upavishta Konasana



Booty Wrap Setup



Booty Wrap for Supta Padangustasana 1, 2 & 3



Shoulder Foot X Wrap for Setu Bandha Sarvangasana & Supta Baddha Konasana or Savasana



Criss Cross Back Wrap for Supta Sucirandhrasana Variation & Supta Buddha Konasana



Butterfly Wrap for Sukhasana, Padmasana or Siddhasana



"Remember, the entrance door to the sanctuary is inside you."
– Rumi

For free video tutorials on wrap setups and additional sequences, go to Leslie Kazadi's Stretch-eze® Playlist on her YouTube Channel: <http://bit.ly/StretchezeVideos>

For additional handouts, information on trainings or to get your Stretch-eze®, check out the booth or go to www.dyenamicmovement.com