

NLK Mental Fitness Exercises

Start



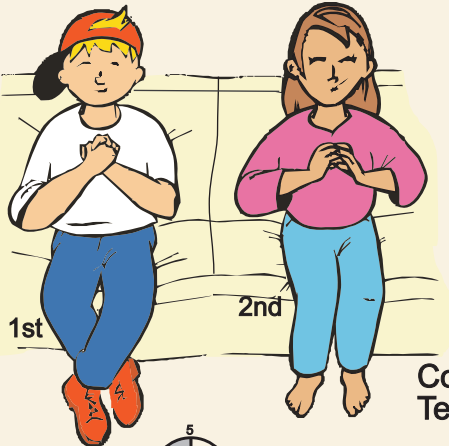
Water



Below Collar Bone



Stretch



Cook's Technique



Below Bottom Lip

5 minute Switch on

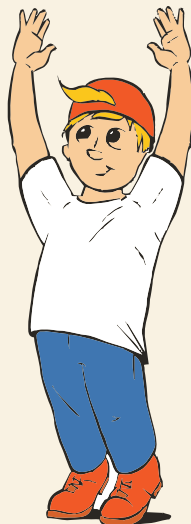
Your favourite exercise



Skipping (X-Crawl)



Stretch



Below Nose



Stretch



This routine is available on audio tape and CD.

Marion Miller
9 Kirkwood Place
Avondale, Auckland
New Zealand
Tel +64 9 828 4539
email info@balancekinesiology.co.nz
www.balancekinesiology.co.nz