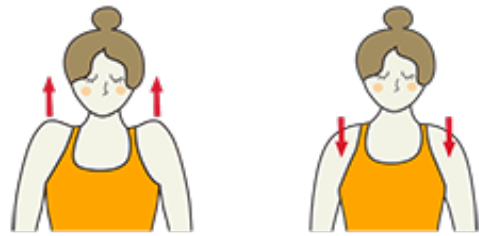


# Donna Rae Jones



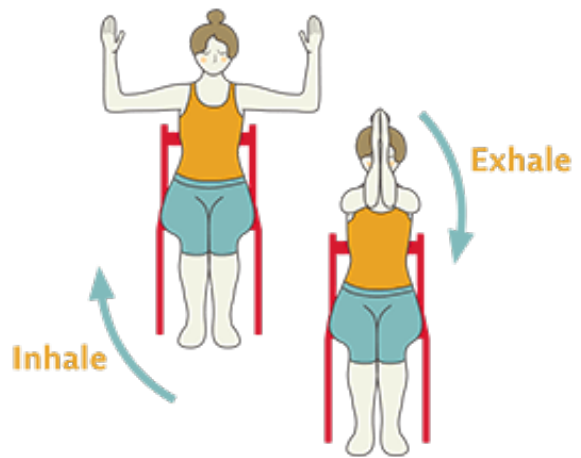
1. Seated Mountain



2. Lift shoulders, lower shoulders



3. Round the back, arch the heart



4. Lift arms up, elbows bent and out, bring elbows together



5. Seated Mountain

