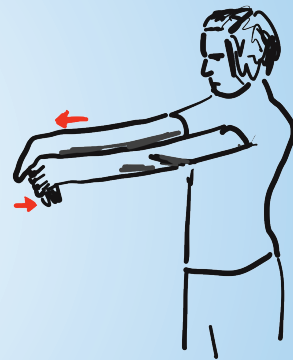
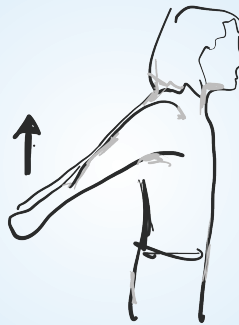
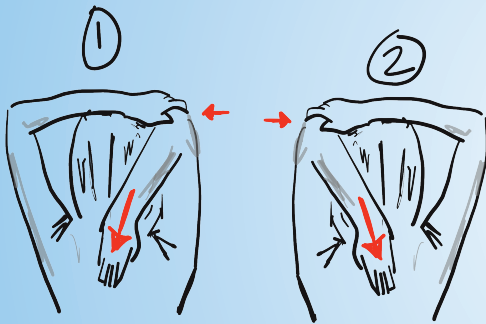


Stretches for Wind Players

Upper Body/Arm Stretches

Important Notes

- 1 - Relax
- 2 - Reduce tension
- 3 - Breathe Deeply
- 4 - Focus



Neck Stretches



excuse the "basic" artwork...