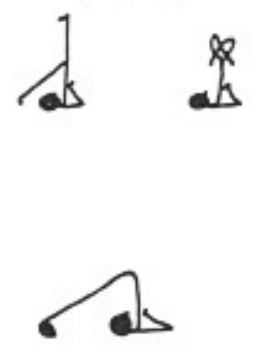
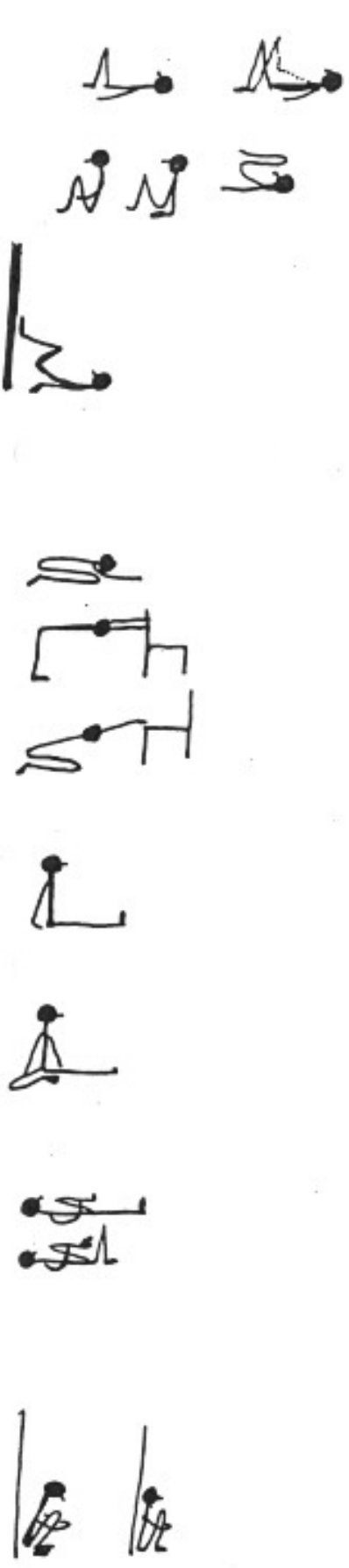


Beginners

YES

PERHAPS

NO



[long straight
shoulder and, loose
shoulders good spine
regular practice]

