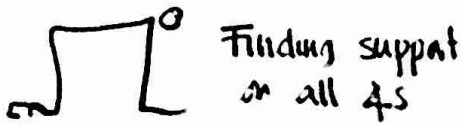


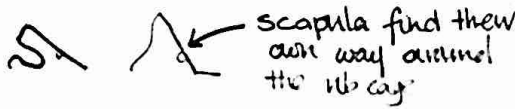
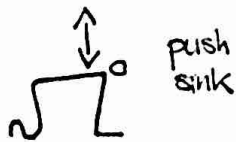
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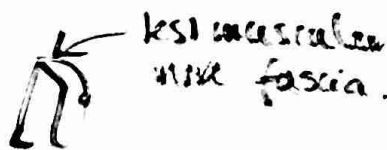
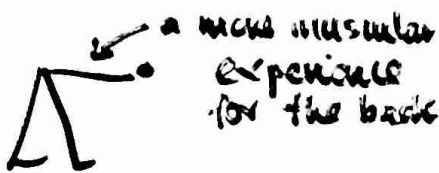
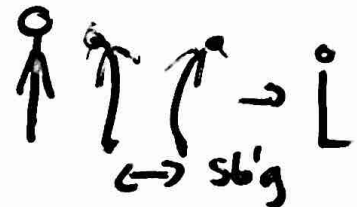
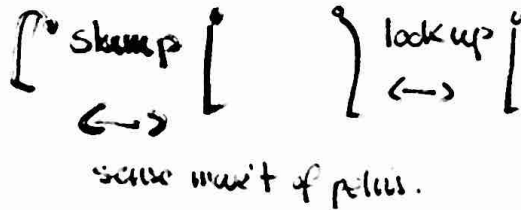
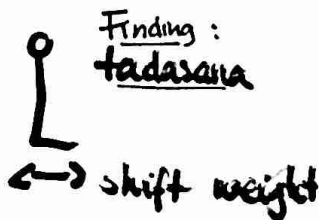
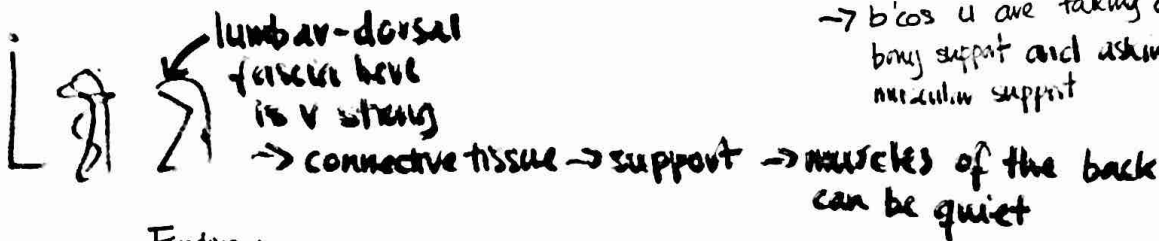
- Effort, Tension, Release



NB. if you see this consider wrists - they may need support under heels of hands in order to reduce bend @ wrists



→ b'cos u are taking away bony support and asking for more muscular support



Headstand

So prioritise confort. - observe changes in the quality of your experience - minimise disturbance