REVITALISE

**MOBILITY – STRETCH - RELAX** = 30 MIN

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| **Mobility** |  |
| Total Time – 10 Mins |
| **Stretch** |  |
| Total Time – 17 Mins (Either 2 X 30 Sec Or 1 Min) |
| **Relaxation** | Lay On Back – Deep Breathing, Relaxing – Focusing On Clearing The Mind |
| Total Time 3-5 Mins |