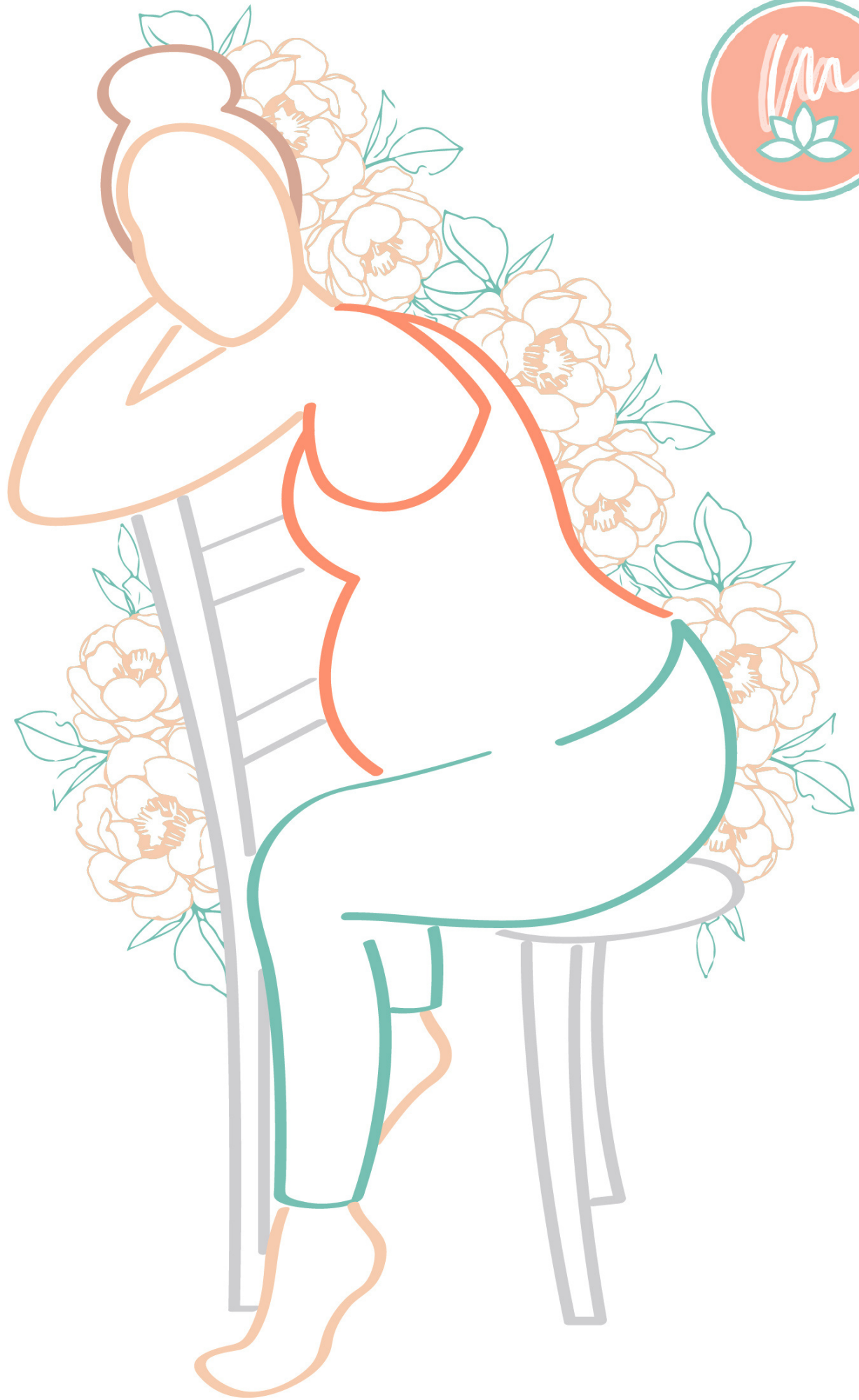
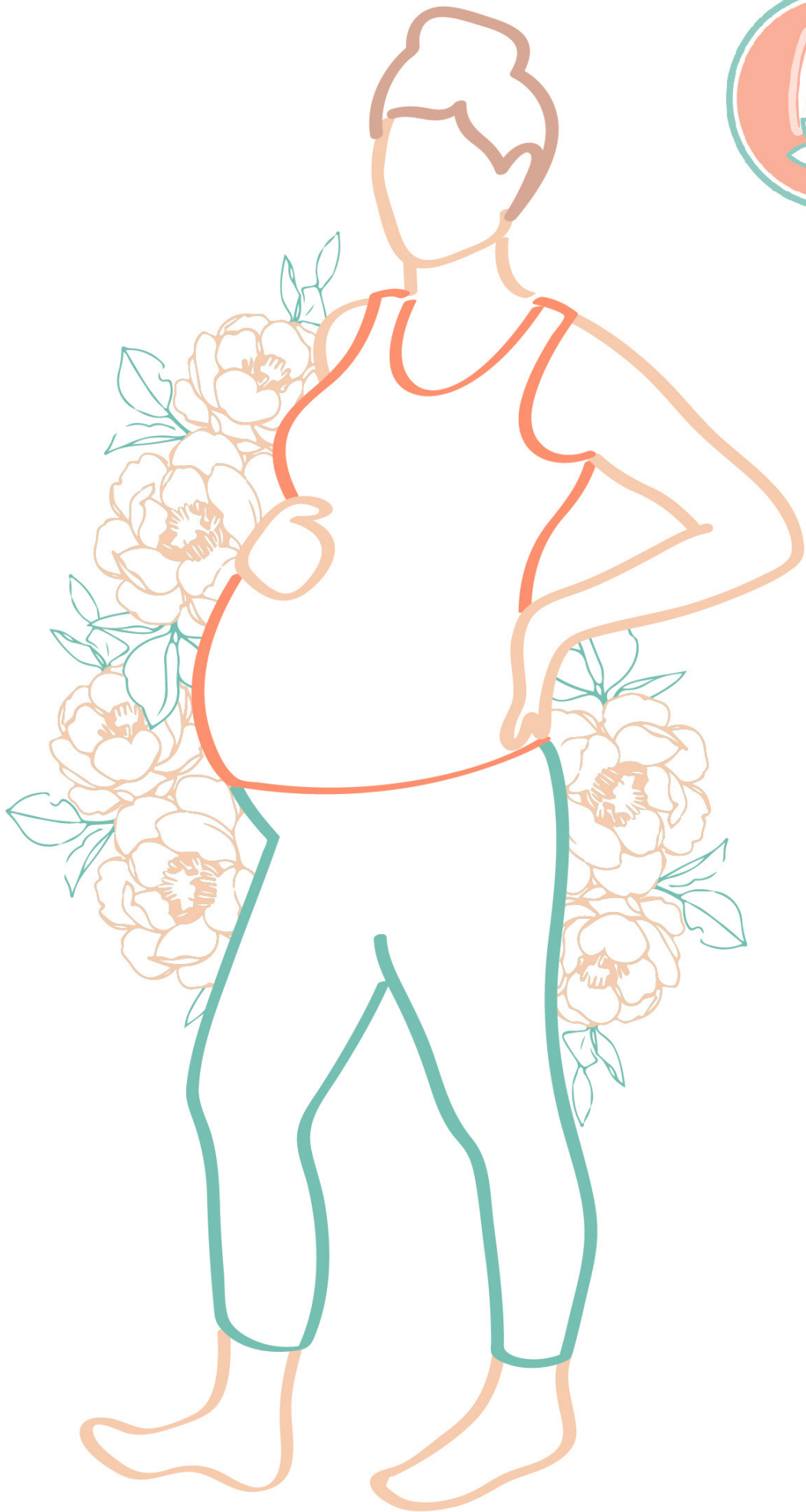


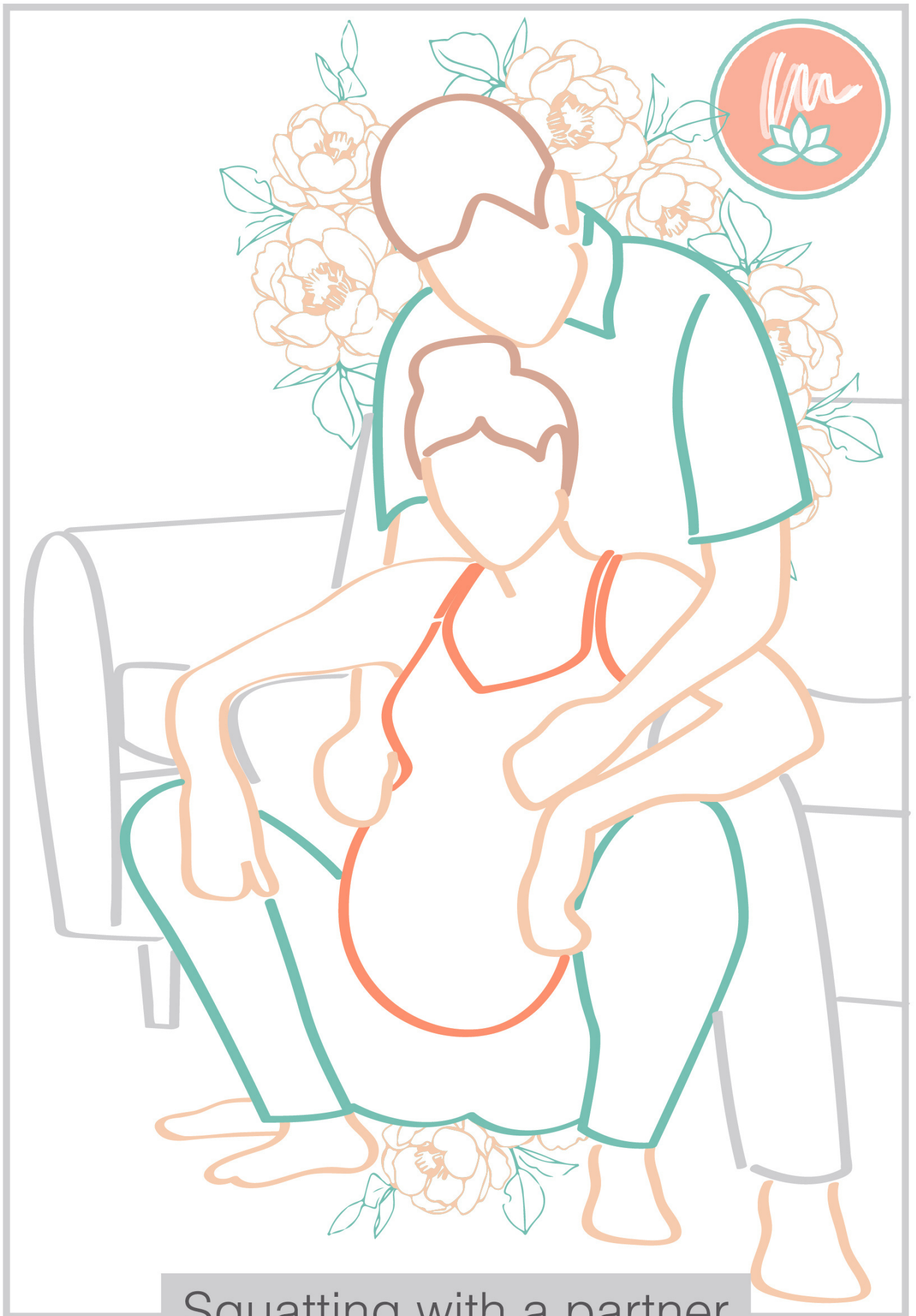
Rocking or slow dancing



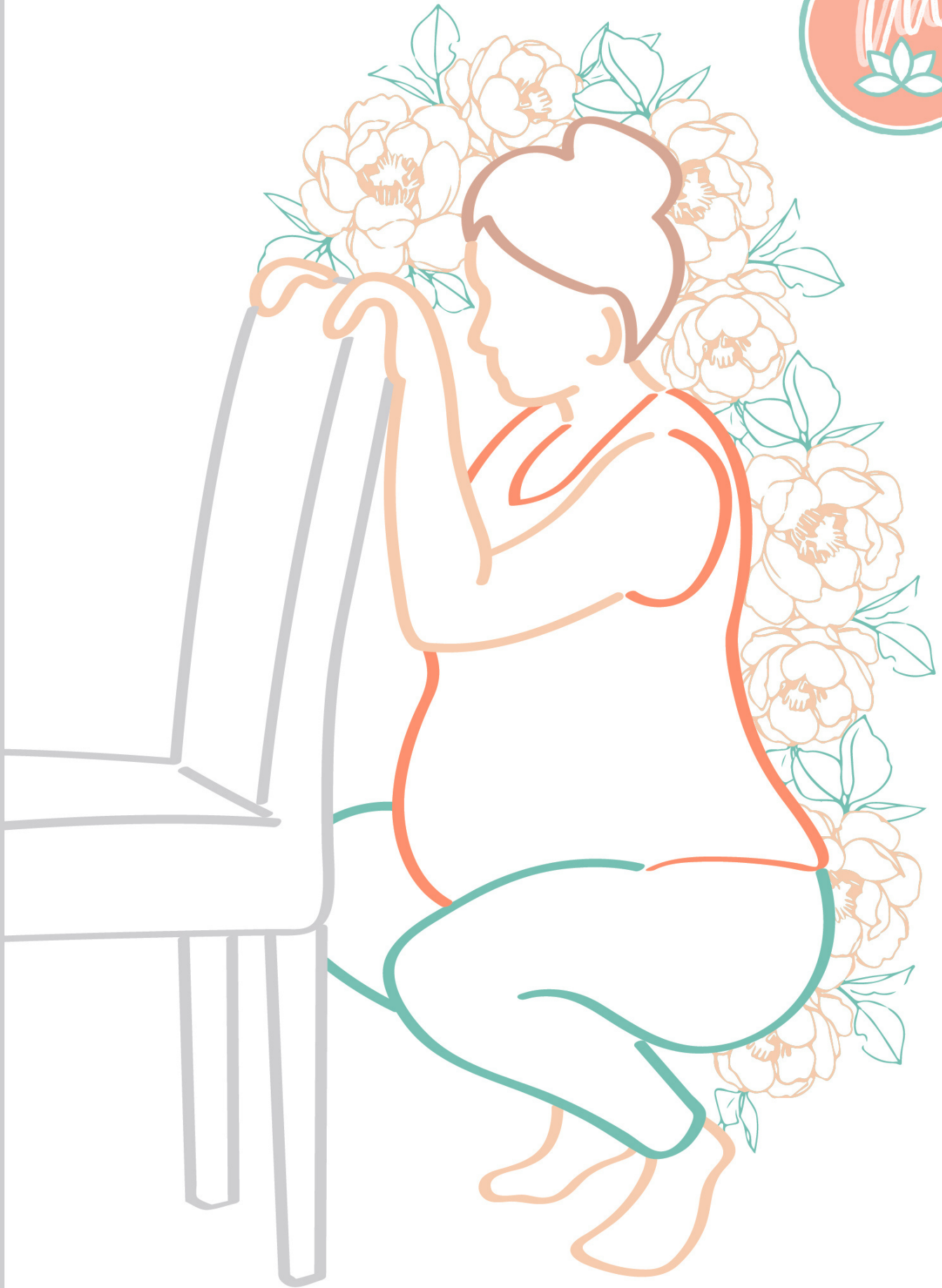
Leaning forward



Upright



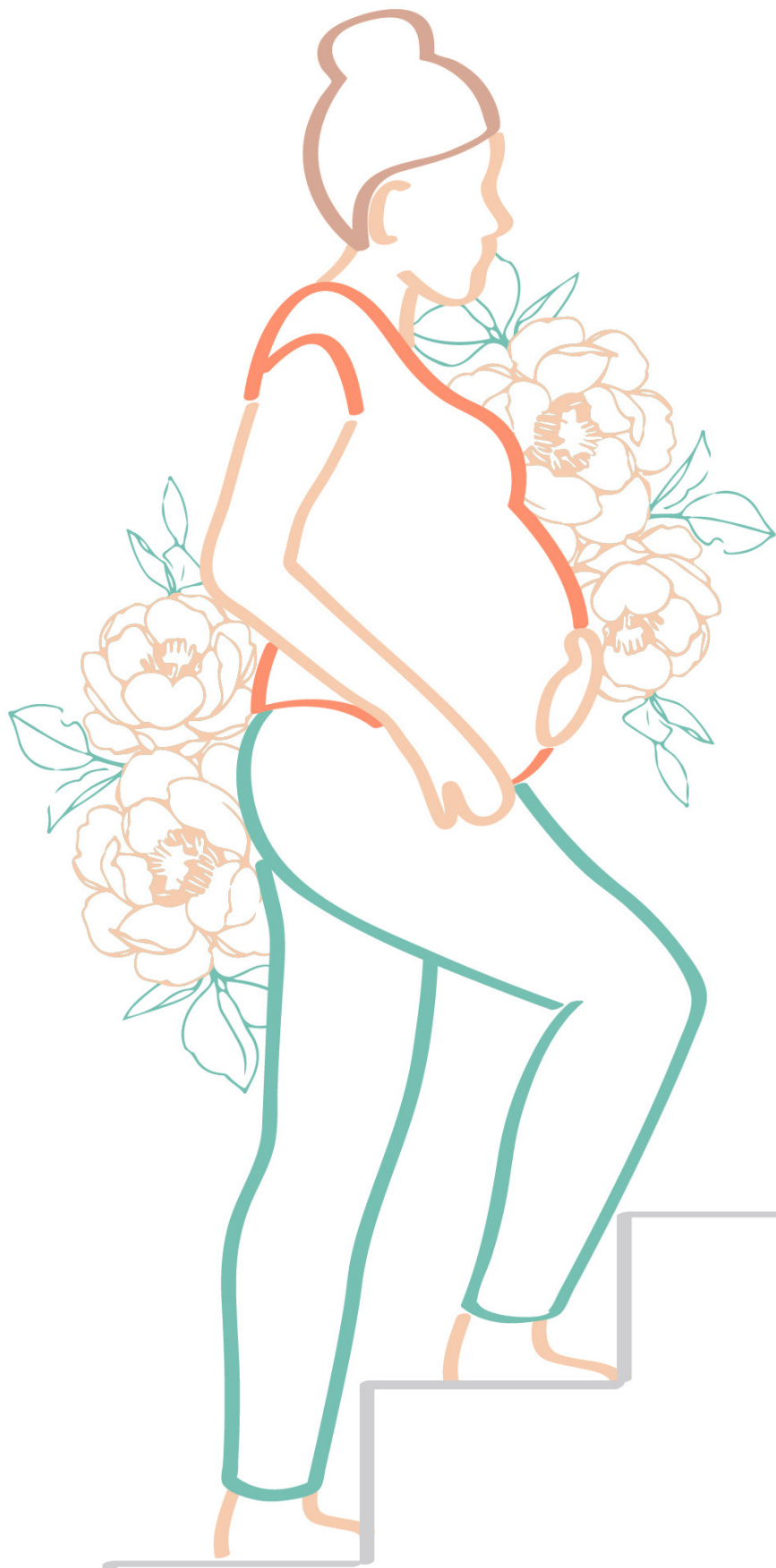
Squatting with a partner



Squatting



Lunging

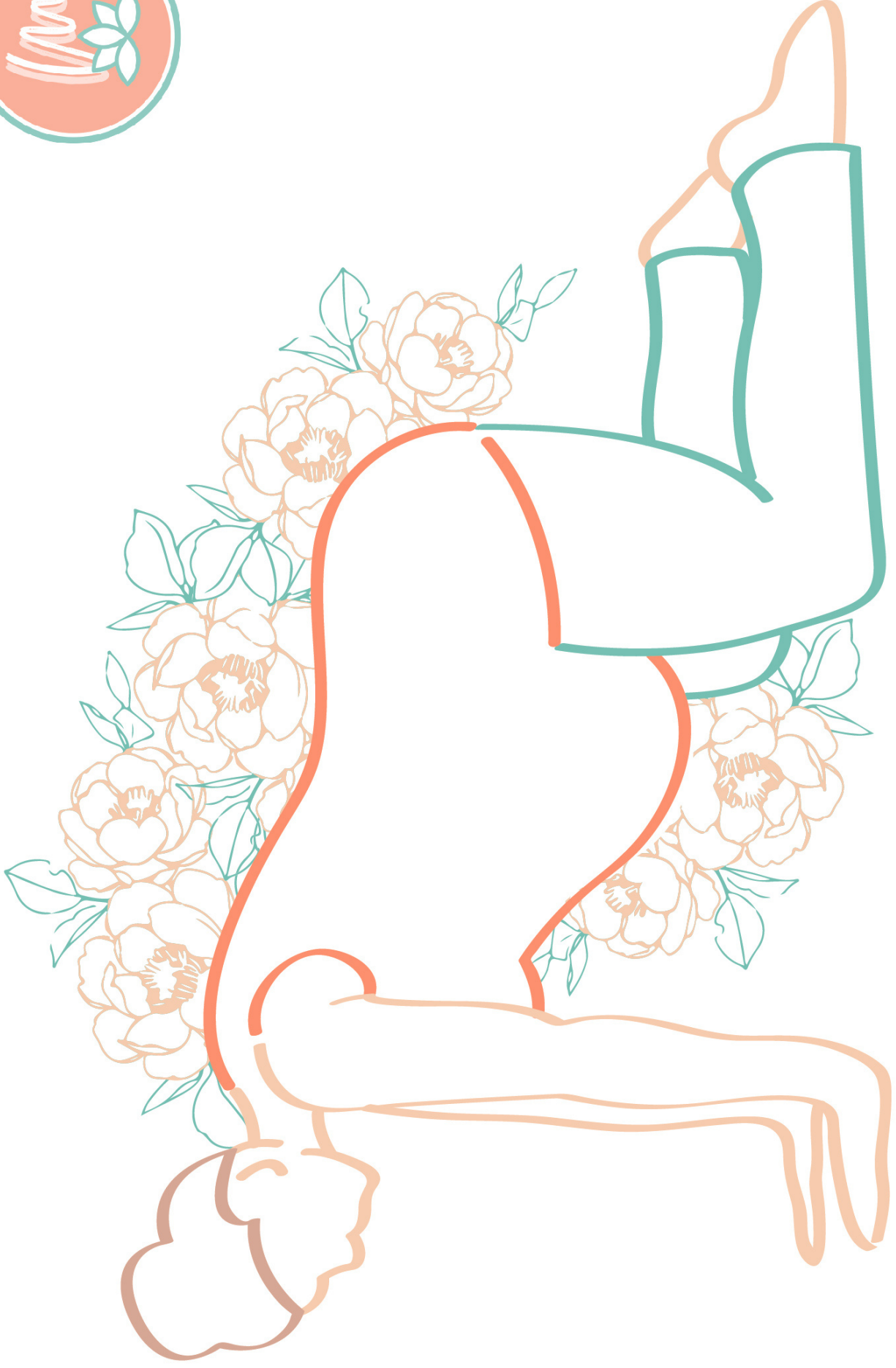


Stair Climbing



Rocking

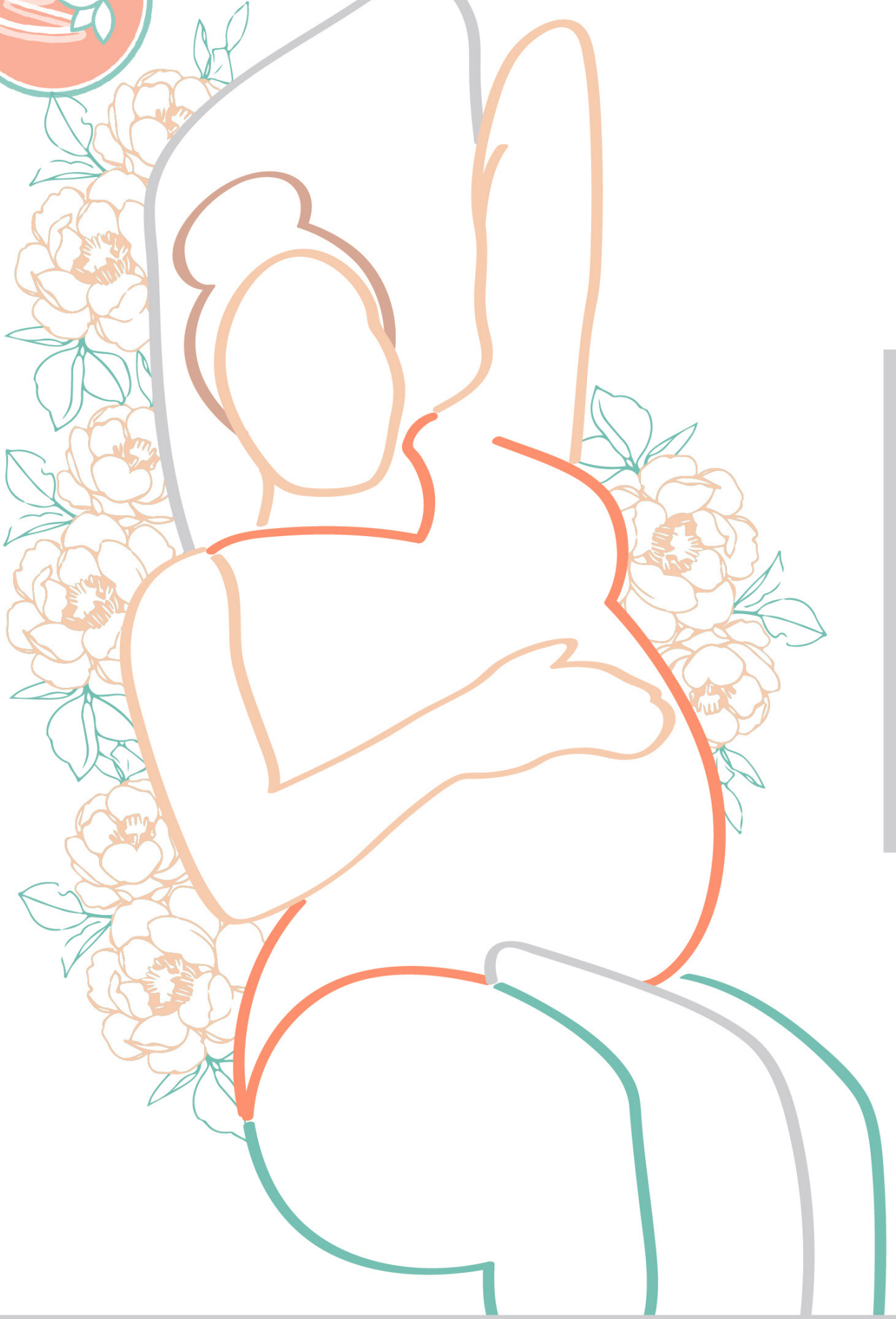




On hands and knees



Kneeling with birthing ball



Lying on your side