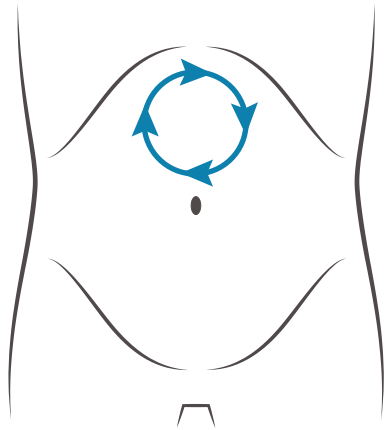
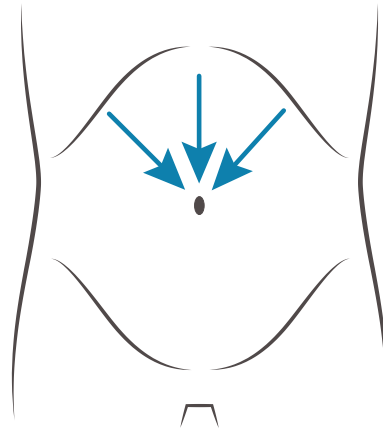


# Your Abdominal Massage (YAM)

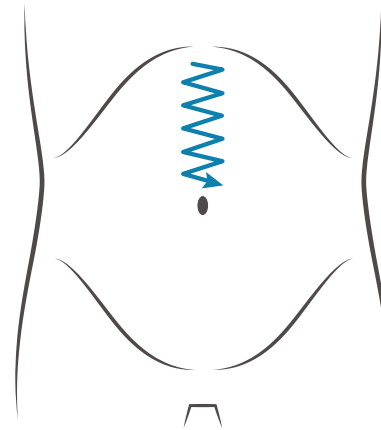
ABDOMINAL  
THERAPY  
COLLECTIVE



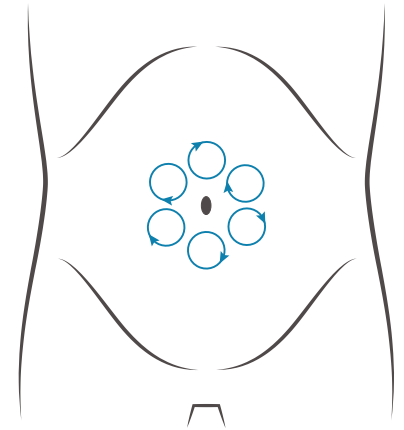
Clockwise Circles



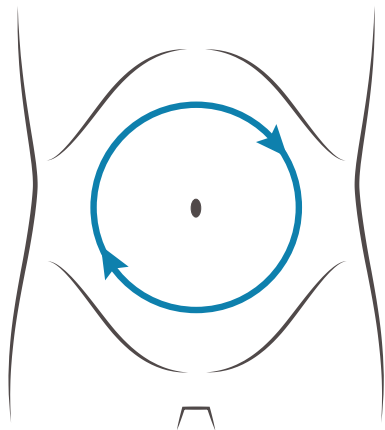
Upper Abdominal  
Massage



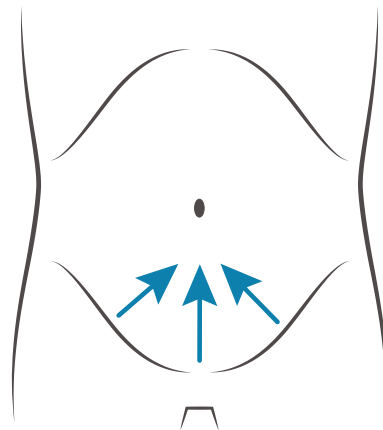
Cross Fiber Friction



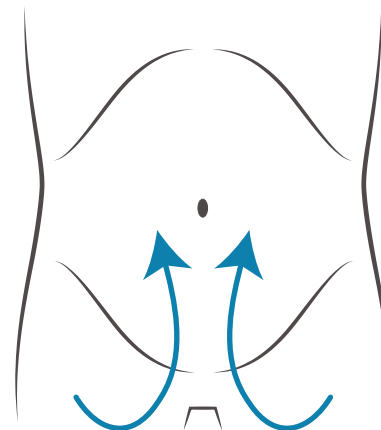
Circle of Circles



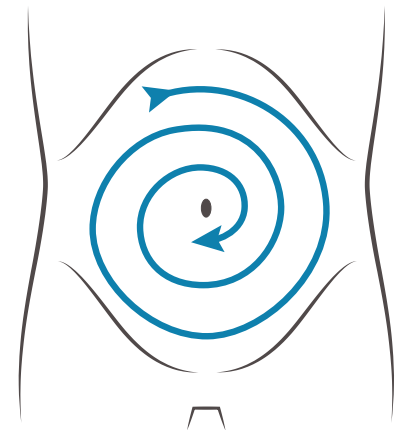
Enlarge Circles



Lower Abdominal  
Massage



Lymphatic Massage



Gentle Spiral