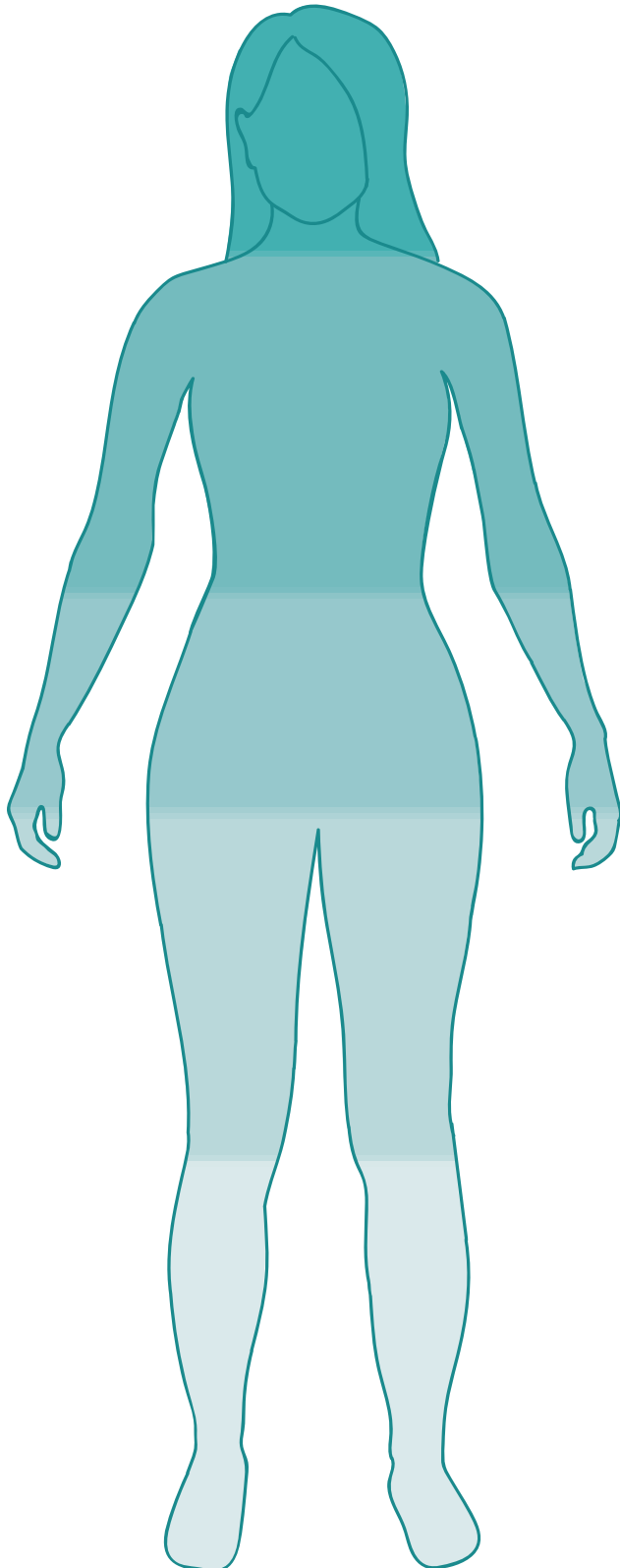


# RAPID RELAXATION ZONES



Zone 5 - Head & Neck

Zone 4 - Shoulders to Waist

Zone 3 - Waist to Hips

Zone 2 - Hips to Knees

Zone 1 - Knees to Toes