

FORWARD ROLL



Feet and knees
together

Chin tucked into
neck

Shoulders contact
floor NOT the head
Leave a gap
between face and
knees

Stay tucked until
feet contact the
floor
Reach forwards
with arms

Stand up without
hands touching
the floor
Feet and knees
stay together

Forward Roll

Lauren Gardner



Forward Roll:

Unveiling the Magic of Words: A Review of "**Forward Roll**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Forward Roll**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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