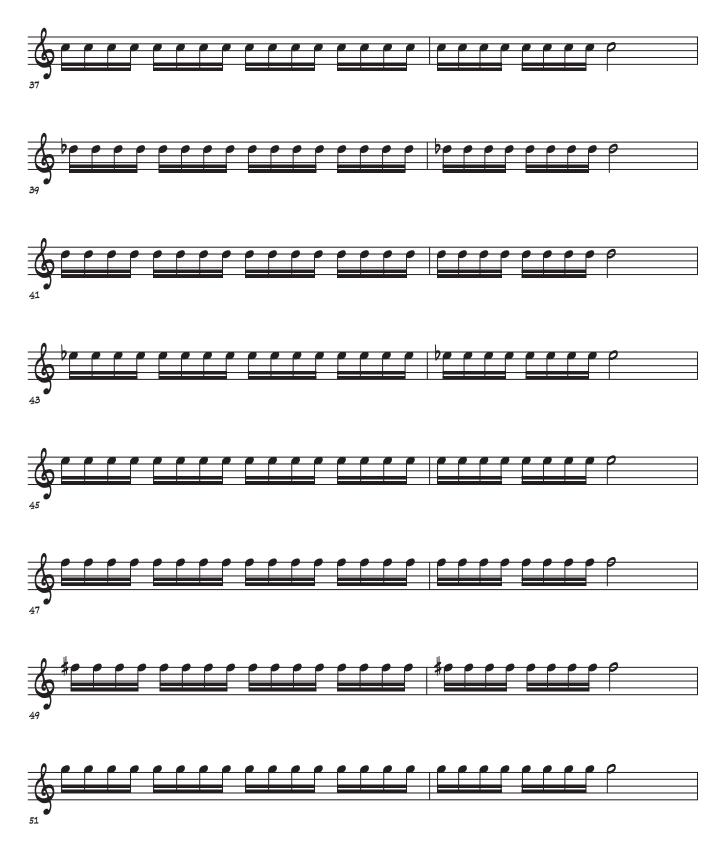
DEREK WATKINS TONGUING EXERCISE

WWW.POTTSHRIGLEYPRESS.COM







REST A LITTLE WHILE IF YOU NEED TO!





TRY NOT TO FORCE THE HIGHER NOTES!!

