



I'm not a robot

































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In this video, Jen shares her secrets about how to relieve pain due to  
sciatica or tension on the sciatic nerve using Click on the related  
video to watch more Trigger point release on knot until it releases  
Megan performs the Cobra Stretch on Shai.... Megan and Shai from the  
Still Light Centre, a Hello. I hope you are well. on socials: Lien  
Tran does an instructional This video is part of a series of basic