

The background of the cover features a dark, textured surface with a faint, light-colored violin body visible on the right side. Overlaid on the left and center are thin, white geometric lines forming various shapes, including circles, triangles, and rectangles, some of which contain small plus signs. A solid red vertical band is located on the far left edge.

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web oct 19 2017 neck stretch stand tall with your feet together back straight shoulders back and arms relaxed at your sides slowly drop your left ear to your left shoulder to a point where you feel a