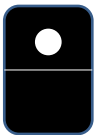
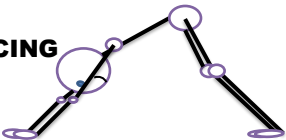
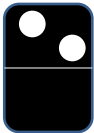
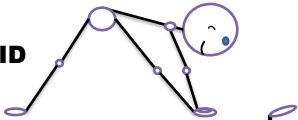
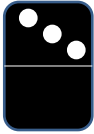
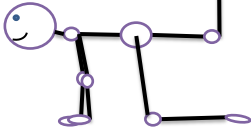
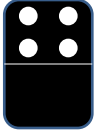
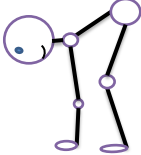
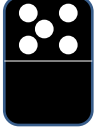
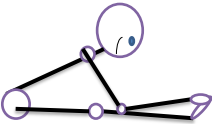



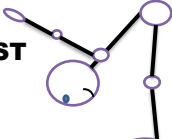
D  **DOWNWARD FACING DOG** (10 seconds) 

I  **PYRAMID** 

Z  **SUNBIRD** 

Z  **MONKEY STRETCH** 

Y  **RIVER** 

Emc  **STANDING CHEST EXPANSION** 

D

O

M


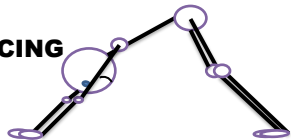
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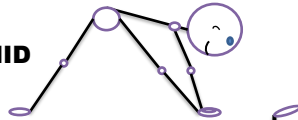
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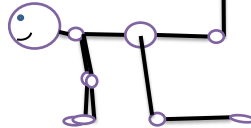
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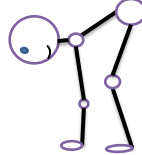
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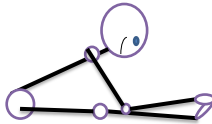
Yoga Forward Bends



D  **DOWNWARD FACING DOG** (10 seconds) 

I  **PYRAMID** 

Z  **SUNBIRD** 

Z  **MONKEY STRETCH** 

Y  **RIVER** 

Emc  **STANDING CHEST EXPANSION** 

D

O

M

I

Z

O

S

Yoga Forward Bends