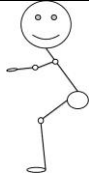
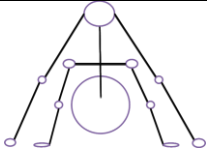
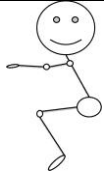

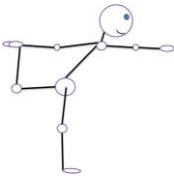
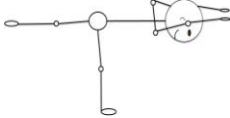
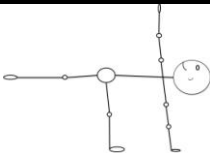
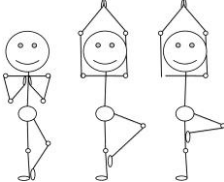
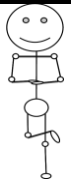

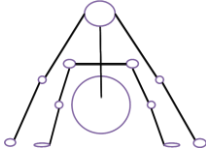
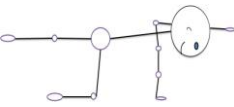
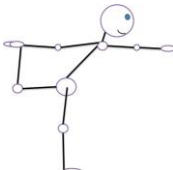
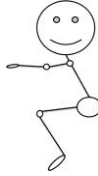
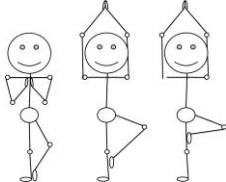
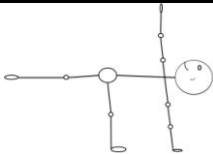
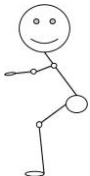
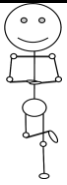
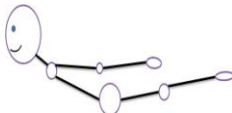
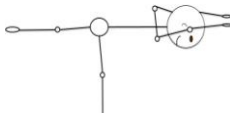


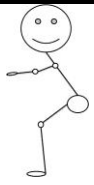
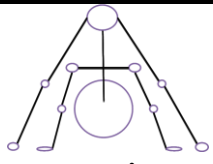
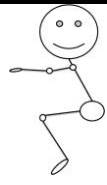
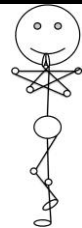
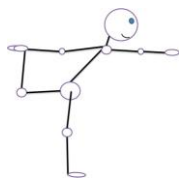
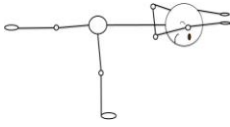
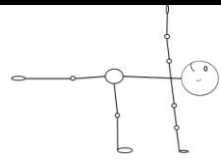
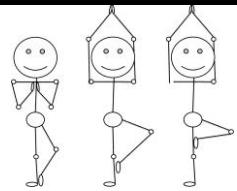
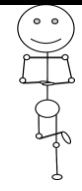
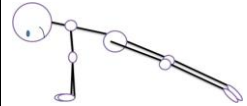
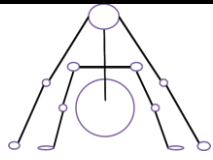
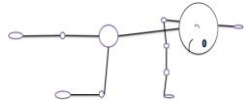
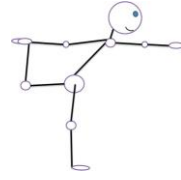
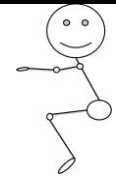
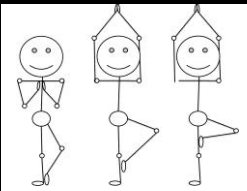
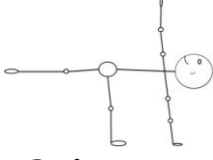
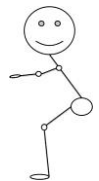
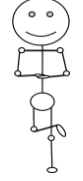
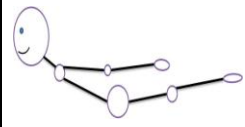
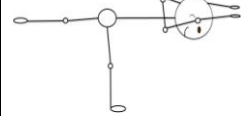
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 17</p>	 <p><b>Standing Split</b> 16</p>	 <p><b>Balanced Chair</b> 13</p>	 <p><b>Eagle</b> 20</p>	 <p><b>Dancer</b> 11</p>
 <p><b>Warrior III</b> 12</p>	 <p><b>Balancing Half Moon</b> 10</p>	 <p><b>Tree</b> 4</p>	 <p><b>Balance Pigeon</b> 7</p>	 <p><b>Plank</b> 1</p>
 <p><b>Standing Split</b> 3</p>	 <p><b>Spinal Balance</b> 18</p>	 <p><b>Dancer</b> 9</p>	 <p><b>Balanced Chair</b> 8</p>	 <p><b>Tree</b> 15</p>
 <p><b>Balancing Half Moon</b> 19</p>	 <p><b>Chair</b> 2</p>	 <p><b>Balancing Pigeon</b> 14</p>	 <p><b>Shark</b> 5</p>	 <p><b>Warrior III</b> 6</p>

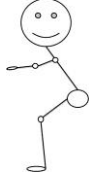
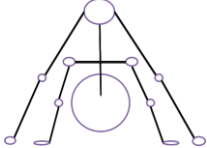
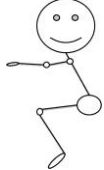
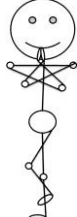
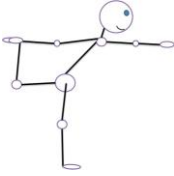
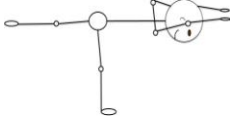
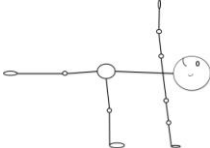
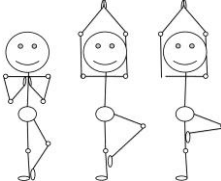
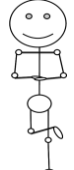
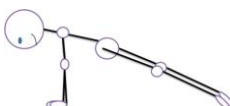
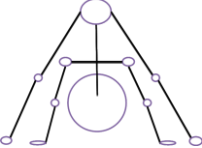
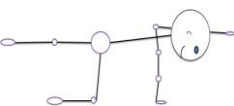
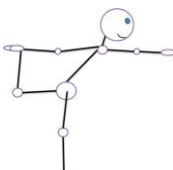
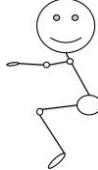
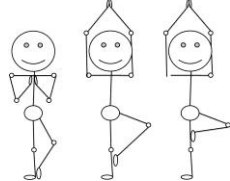
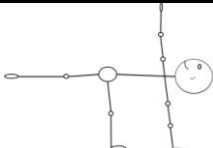
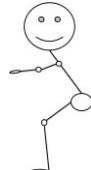
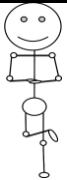
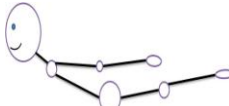
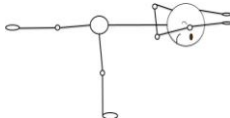
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 16</p>	 <p><b>Standing Split</b> 19</p>	 <p><b>Balanced Chair</b> 4</p>	 <p><b>Eagle</b> 12</p>	 <p><b>Dancer</b> 5</p>
 <p><b>Warrior III</b> 11</p>	 <p><b>Balancing Half Moon</b> 2</p>	 <p><b>Tree</b> 13</p>	 <p><b>Balance Pigeon</b> 9</p>	 <p><b>Plank</b> 1</p>
 <p><b>Standing Split</b> 7</p>	 <p><b>Spinal Balance</b> 8</p>	 <p><b>Dancer</b> 3</p>	 <p><b>Balanced Chair</b> 17</p>	 <p><b>Tree</b> 20</p>
 <p><b>Balancing Half Moon</b> 10</p>	 <p><b>Chair</b> 15</p>	 <p><b>Balance Pigeon</b> 14</p>	 <p><b>Shark</b> 6</p>	 <p><b>Warrior III</b> 18</p>

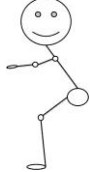
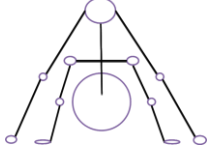
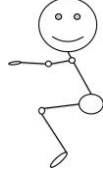
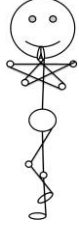
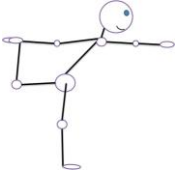
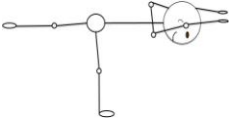

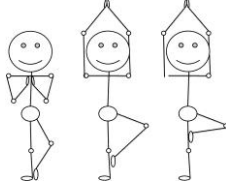
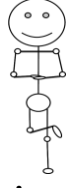
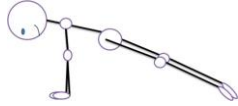
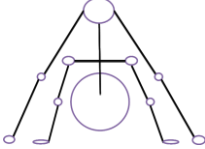
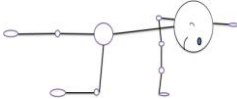
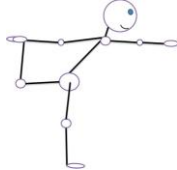
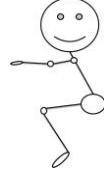
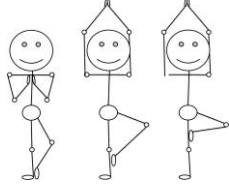
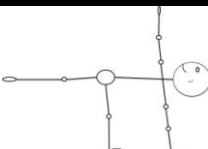
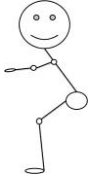
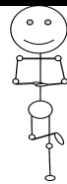
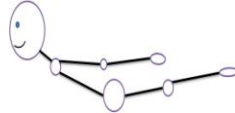
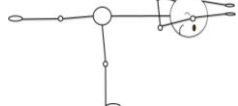
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 13</p>	 <p><b>Standing Split</b> 19</p>	 <p><b>Balanced Chair</b> 18</p>	 <p><b>Eagle</b> 8</p>	 <p><b>Dancer</b> 12</p>
 <p><b>Warrior III</b> 6</p>	 <p><b>Balancing Half Moon</b> 3</p>	 <p><b>Tree</b> 9</p>	 <p><b>Balance Pigeon</b> 4</p>	 <p><b>Plank</b> 14</p>
 <p><b>Standing Split</b> 16</p>	 <p><b>Spinal Balance</b> 17</p>	 <p><b>Dancer</b> 5</p>	 <p><b>Balanced Chair</b> 20</p>	 <p><b>Tree</b> 7</p>
 <p><b>Balancing Half Moon</b> 2</p>	 <p><b>Chair</b> 11</p>	 <p><b>Balance Pigeon</b> 1</p>	 <p><b>Shark</b> 10</p>	 <p><b>Warrior III</b> 15</p>

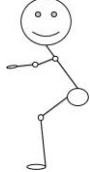
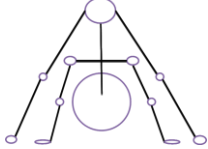
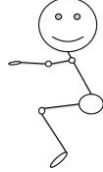

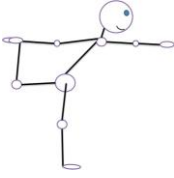
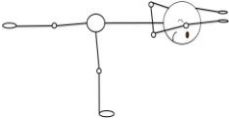

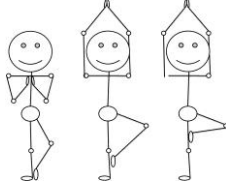
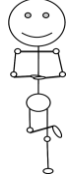
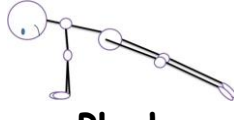
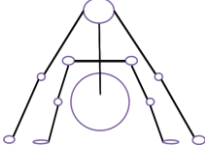
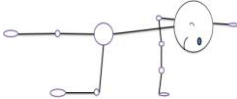
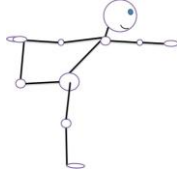
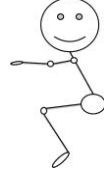
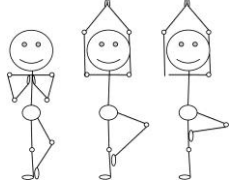
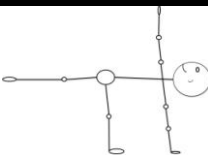
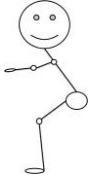
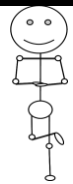
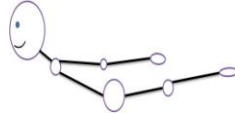
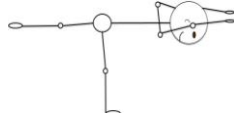
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 5</p>	 <p><b>Standing Split</b> 16</p>	 <p><b>Balanced Chair</b> 13</p>	 <p><b>Eagle</b> 14</p>	 <p><b>Dancer</b> 8</p>
 <p><b>Warrior III</b> 2</p>	 <p><b>Balancing Half Moon</b> 15</p>	 <p><b>Tree</b> 9</p>	 <p><b>Balance Pigeon</b> 19</p>	 <p><b>Plank</b> 12</p>
 <p><b>Standing Split</b> 7</p>	 <p><b>Spinal Balance</b> 1</p>	 <p><b>Dancer</b> 11</p>	 <p><b>Balanced Chair</b> 10</p>	 <p><b>Tree</b> 17</p>
 <p><b>Balancing Half Moon</b> 18</p>	 <p><b>Chair</b> 6</p>	 <p><b>Balance Pigeon</b> 3</p>	 <p><b>Shark</b> 4</p>	 <p><b>Warrior III</b> 20</p>

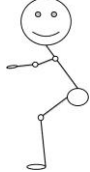
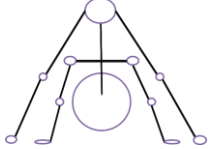
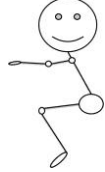
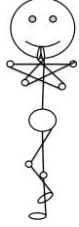
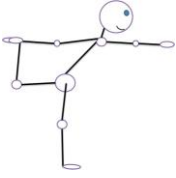
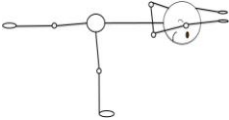
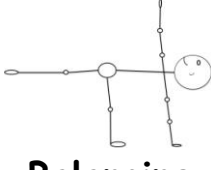
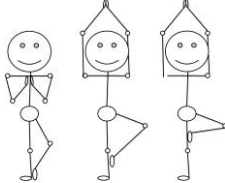

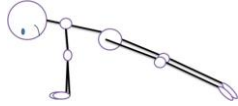
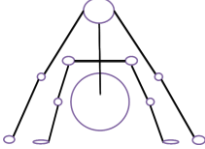
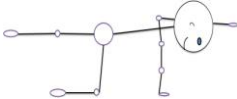
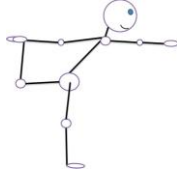
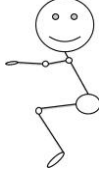
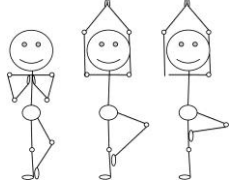
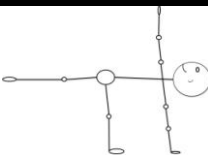
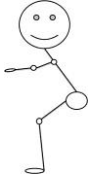
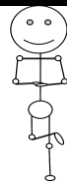
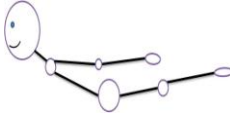
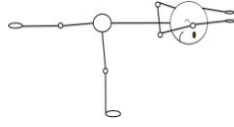
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 8</p>	 <p><b>Standing Split</b> 19</p>	 <p><b>Balanced Chair</b> 15</p>	 <p><b>Eagle</b> 20</p>	 <p><b>Dancer</b> 3</p>
 <p><b>Warrior III</b> 16</p>	 <p><b>Balancing Half Moon</b> 18</p>	 <p><b>Tree</b> 5</p>	 <p><b>Balance Pigeon</b> 7</p>	 <p><b>Plank</b> 1</p>
 <p><b>Standing Split</b> 10</p>	 <p><b>Spinal Balance</b> 6</p>	 <p><b>Dancer</b> 17</p>	 <p><b>Balanced Chair</b> 4</p>	 <p><b>Tree</b> 9</p>
 <p><b>Balancing Half Moon</b> 13</p>	 <p><b>Chair</b> 11</p>	 <p><b>Balance Pigeon</b> 2</p>	 <p><b>Shark</b> 14</p>	 <p><b>Warrior III</b> 12</p>

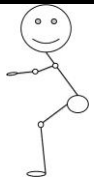
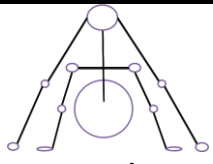
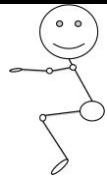
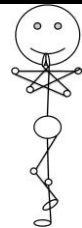
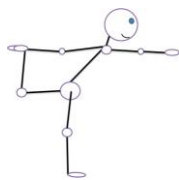
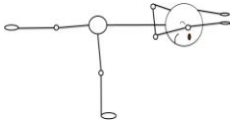
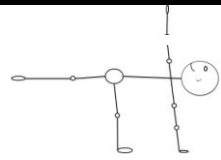
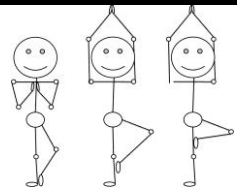
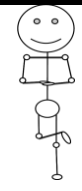
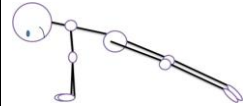
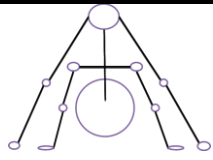
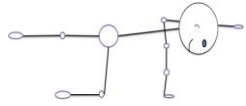
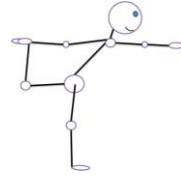
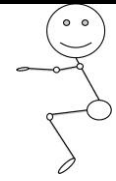
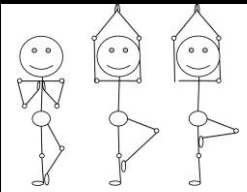
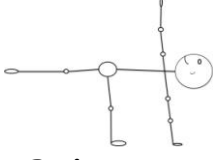
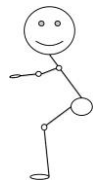
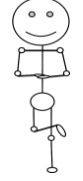
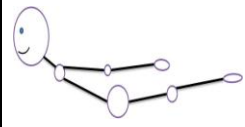
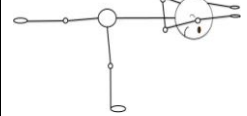
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 9</p>	 <p><b>Standing Split</b> 15</p>	 <p><b>Balanced Chair</b> 12</p>	 <p><b>Eagle</b> 16</p>	 <p><b>Dancer</b> 13</p>
 <p><b>Warrior III</b> 7</p>	 <p><b>Balancing Half Moon</b> 8</p>	 <p><b>Tree</b> 19</p>	 <p><b>Balance Pigeon</b> 18</p>	 <p><b>Plank</b> 17</p>
 <p><b>Standing Split</b> 6</p>	 <p><b>Spinal Balance</b> 11</p>	 <p><b>Dancer</b> 5</p>	 <p><b>Balanced Chair</b> 10</p>	 <p><b>Tree</b> 14</p>
 <p><b>Balancing Half Moon</b> 20</p>	 <p><b>Chair</b> 2</p>	 <p><b>Balance Pigeon</b> 1</p>	 <p><b>Shark</b> 3</p>	 <p><b>Warrior III</b> 4</p>

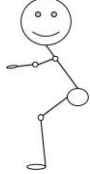
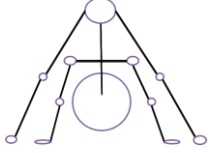
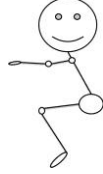
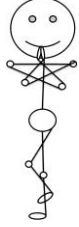
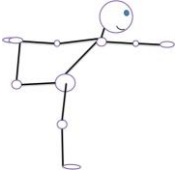
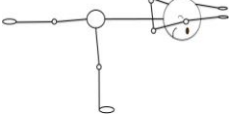
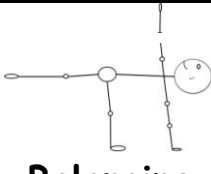
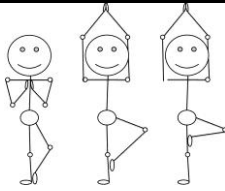

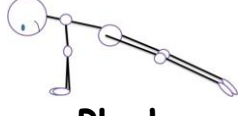
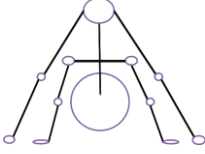
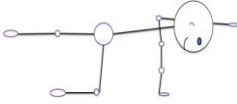
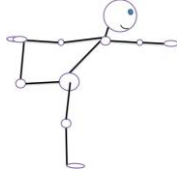
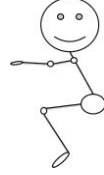
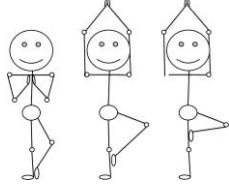
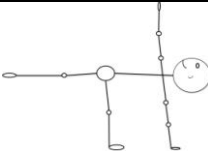
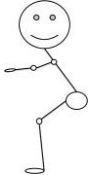

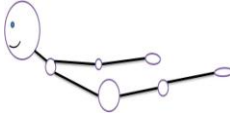
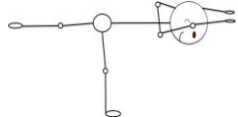
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 17</p>	 <p><b>Standing Split</b> 8</p>	 <p><b>Balanced Chair</b> 1</p>	 <p><b>Eagle</b> 3</p>	 <p><b>Dancer</b> 7</p>
 <p><b>Warrior III</b> 2</p>	 <p><b>Balancing Half Moon</b> 13</p>	 <p><b>Tree</b> 10</p>	 <p><b>Balance Pigeon</b> 6</p>	 <p><b>Plank</b> 4</p>
 <p><b>Standing Split</b> 12</p>	 <p><b>Spinal Balance</b> 5</p>	 <p><b>Dancer</b> 11</p>	 <p><b>Balanced Chair</b> 19</p>	 <p><b>Tree</b> 16</p>
 <p><b>Balancing Half Moon</b> 15</p>	 <p><b>Chair</b> 20</p>	 <p><b>Balance Pigeon</b> 18</p>	 <p><b>Shark</b> 9</p>	 <p><b>Warrior III</b> 14</p>

# STRETCH AND FLEX

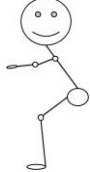
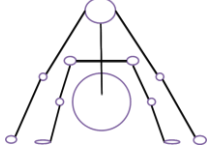
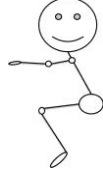

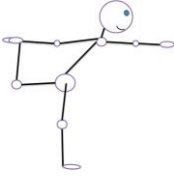
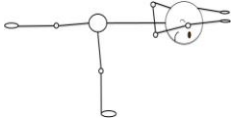
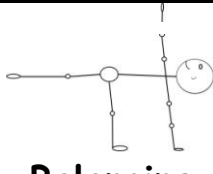
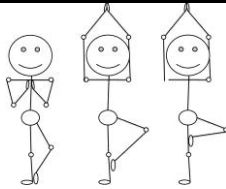
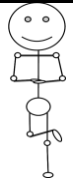
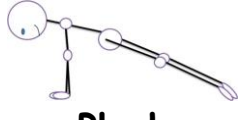
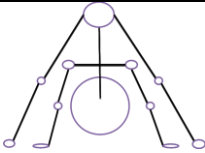
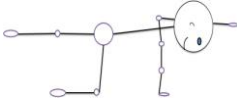
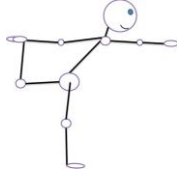
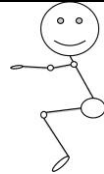
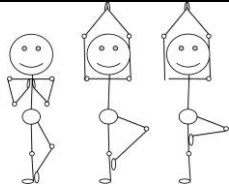
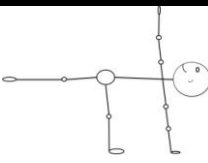
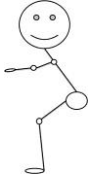
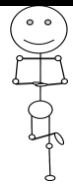
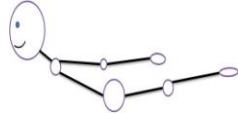
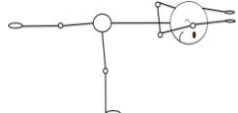
## BALANCE

 <p><b>Chair</b> 20</p>	 <p><b>Standing Split</b> 10</p>	 <p><b>Balanced Chair</b> 19</p>	 <p><b>Eagle</b> 16</p>	 <p><b>Dancer</b> 7</p>
 <p><b>Warrior III</b> 3</p>	 <p><b>Balancing Half Moon</b> 18</p>	 <p><b>Tree</b> 17</p>	 <p><b>Balance Pigeon</b> 2</p>	 <p><b>Plank</b> 15</p>
 <p><b>Standing Split</b> 12</p>	 <p><b>Spinal Balance</b> 5</p>	 <p><b>Dancer</b> 1</p>	 <p><b>Balanced Chair</b> 11</p>	 <p><b>Tree</b> 9</p>
 <p><b>Balancing Half Moon</b> 8</p>	 <p><b>Chair</b> 6</p>	 <p><b>Balance Pigeon</b> 14</p>	 <p><b>Shark</b> 4</p>	 <p><b>Warrior III</b> 13</p>



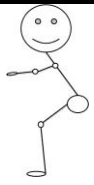
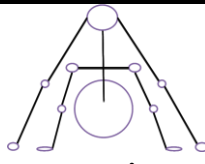
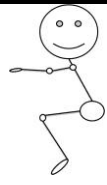
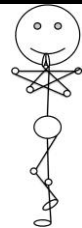
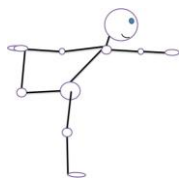
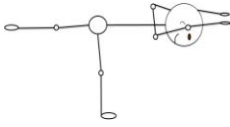
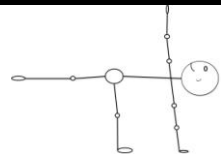
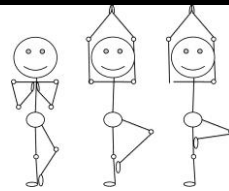
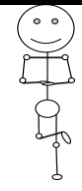
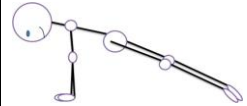
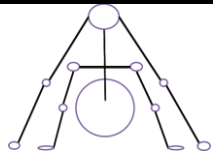
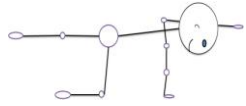
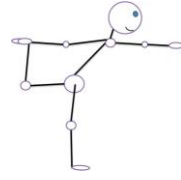
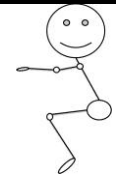
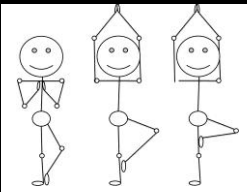
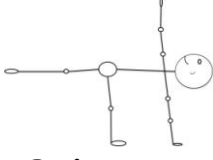
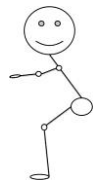
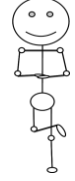
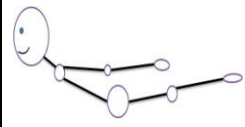
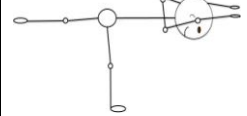
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 9</p>	 <p><b>Standing Split</b> 7</p>	 <p><b>Balanced Chair</b> 15</p>	 <p><b>Eagle</b> 20</p>	 <p><b>Dancer</b> 5</p>
 <p><b>Warrior III</b> 2</p>	 <p><b>Balancing Half Moon</b> 10</p>	 <p><b>Tree</b> 4</p>	 <p><b>Balance Pigeon</b> 19</p>	 <p><b>Plank</b> 18</p>
 <p><b>Standing Split</b> 3</p>	 <p><b>Spinal Balance</b> 13</p>	 <p><b>Dancer</b> 1</p>	 <p><b>Balanced Chair</b> 11</p>	 <p><b>Tree</b> 17</p>
 <p><b>Balancing Half Moon</b> 16</p>	 <p><b>Chair</b> 14</p>	 <p><b>Balance Pigeon</b> 12</p>	 <p><b>Shark</b> 6</p>	 <p><b>Warrior III</b> 8</p>

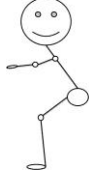
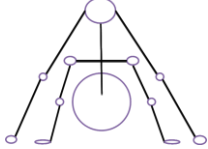
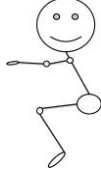

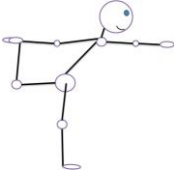
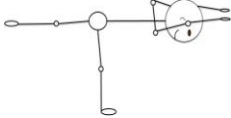

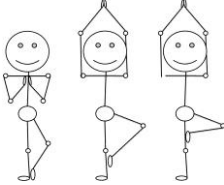
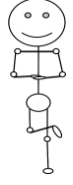
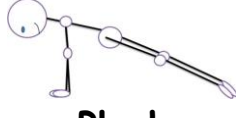
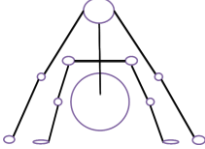
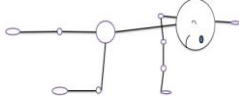
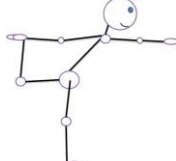
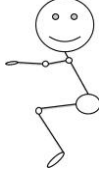
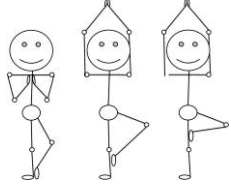
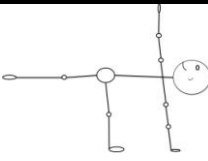
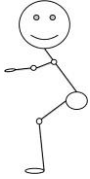
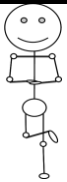
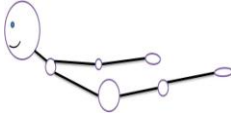
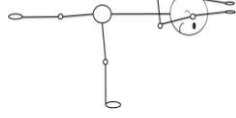
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 16</p>	 <p><b>Standing Split</b> 5</p>	 <p><b>Balanced Chair</b> 14</p>	 <p><b>Eagle</b> 20</p>	 <p><b>Dancer</b> 18</p>
 <p><b>Warrior III</b> 2</p>	 <p><b>Balancing Half Moon</b> 12</p>	 <p><b>Tree</b> 11</p>	 <p><b>Balance Pigeon</b> 6</p>	 <p><b>Plank</b> 3</p>
 <p><b>Standing Split</b> 10</p>	 <p><b>Spinal Balance</b> 19</p>	 <p><b>Dancer</b> 1</p>	 <p><b>Balanced Chair</b> 17</p>	 <p><b>Tree</b> 9</p>
 <p><b>Balancing Half Moon</b> 15</p>	 <p><b>Chair</b> 8</p>	 <p><b>Balance Pigeon</b> 4</p>	 <p><b>Shark</b> 7</p>	 <p><b>Warrior III</b> 13</p>

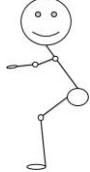
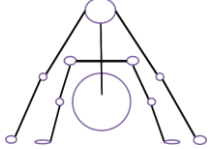
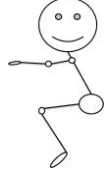
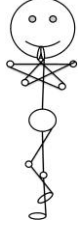
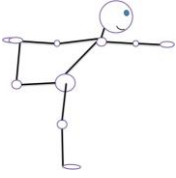
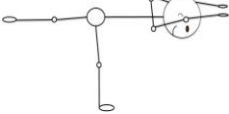
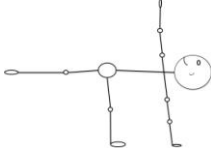
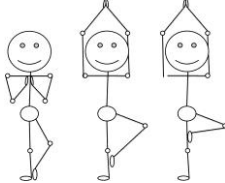

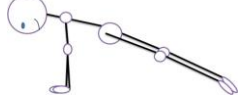
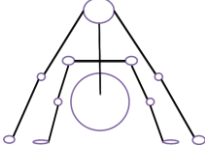
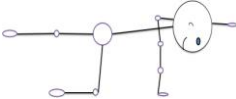
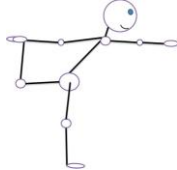
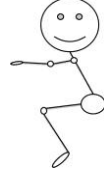
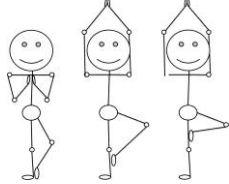
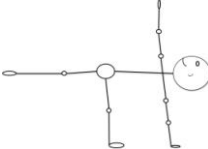
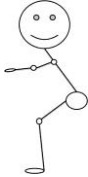
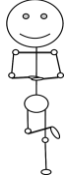
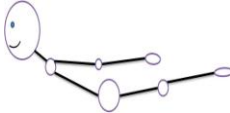
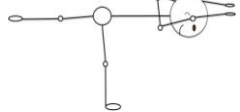
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 2</p>	 <p><b>Standing Split</b> 19</p>	 <p><b>Balanced Chair</b> 3</p>	 <p><b>Eagle</b> 1</p>	 <p><b>Dancer</b> 13</p>
 <p><b>Warrior III</b> 11</p>	 <p><b>Balancing Half Moon</b> 20</p>	 <p><b>Tree</b> 7</p>	 <p><b>Balance Pigeon</b> 15</p>	 <p><b>Plank</b> 17</p>
 <p><b>Standing Split</b> 10</p>	 <p><b>Spinal Balance</b> 18</p>	 <p><b>Dancer</b> 5</p>	 <p><b>Balanced Chair</b> 9</p>	 <p><b>Tree</b> 12</p>
 <p><b>Balancing Half Moon</b> 14</p>	 <p><b>Chair</b> 4</p>	 <p><b>Balance Pigeon</b> 16</p>	 <p><b>Shark</b> 6</p>	 <p><b>Warrior III</b> 8</p>

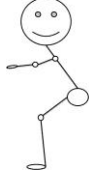
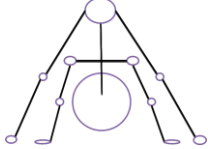
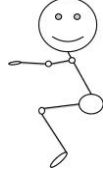
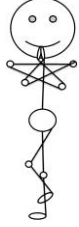
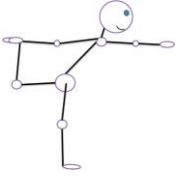
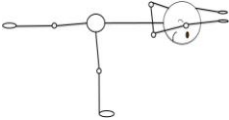

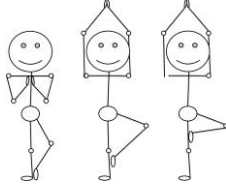
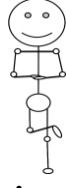
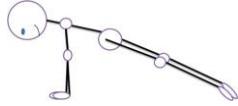
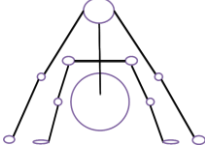
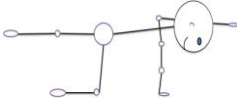
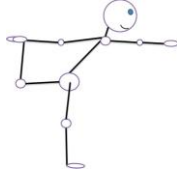
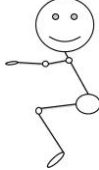
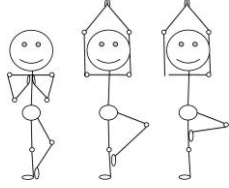
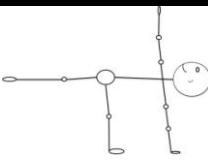
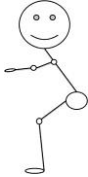
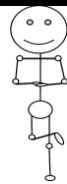
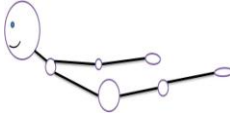
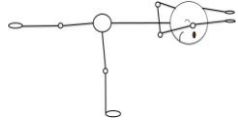
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 9</p>	 <p><b>Standing Split</b> 14</p>	 <p><b>Balanced Chair</b> 6</p>	 <p><b>Eagle</b> 20</p>	 <p><b>Dancer</b> 4</p>
 <p><b>Warrior III</b> 13</p>	 <p><b>Balancing Half Moon</b> 11</p>	 <p><b>Tree</b> 8</p>	 <p><b>Balance Pigeon</b> 19</p>	 <p><b>Plank</b> 10</p>
 <p><b>Standing Split</b> 3</p>	 <p><b>Spinal Balance</b> 5</p>	 <p><b>Dancer</b> 18</p>	 <p><b>Balanced Chair</b> 16</p>	 <p><b>Tree</b> 1</p>
 <p><b>Balancing Half Moon</b> 15</p>	 <p><b>Chair</b> 7</p>	 <p><b>Balance Pigeon</b> 12</p>	 <p><b>Shark</b> 17</p>	 <p><b>Warrior III</b> 2</p>

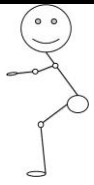
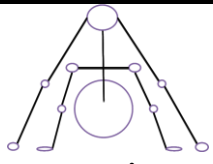
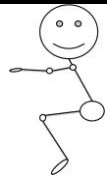
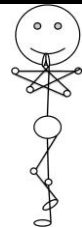
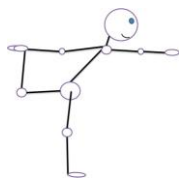
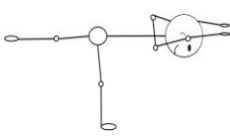
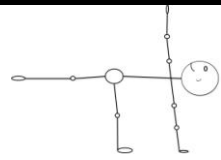
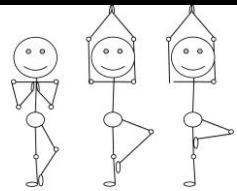
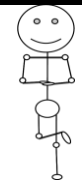
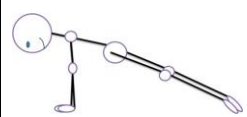
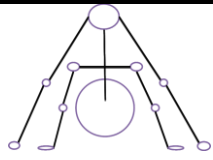
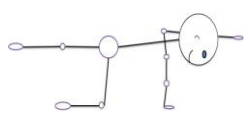
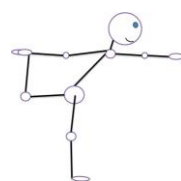
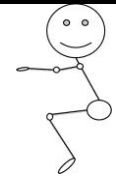
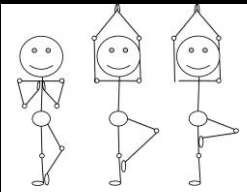
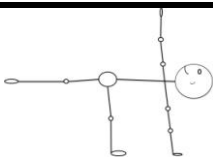
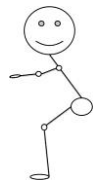
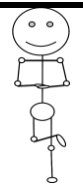
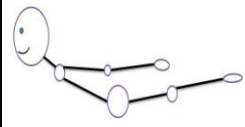
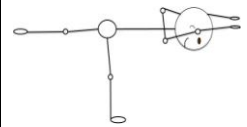
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 7</p>	 <p><b>Standing Split</b> 1</p>	 <p><b>Balanced Chair</b> 19</p>	 <p><b>Eagle</b> 10</p>	 <p><b>Dancer</b> 3</p>
 <p><b>Warrior III</b> 11</p>	 <p><b>Balancing Half Moon</b> 20</p>	 <p><b>Tree</b> 15</p>	 <p><b>Balance Pigeon</b> 6</p>	 <p><b>Plank</b> 2</p>
 <p><b>Standing Split</b> 16</p>	 <p><b>Spinal Balance</b> 12</p>	 <p><b>Dancer</b> 8</p>	 <p><b>Balanced Chair</b> 4</p>	 <p><b>Tree</b> 9</p>
 <p><b>Balancing Half Moon</b> 13</p>	 <p><b>Chair</b> 18</p>	 <p><b>Balance Pigeon</b> 17</p>	 <p><b>Shark</b> 5</p>	 <p><b>Warrior III</b> 14</p>

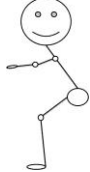
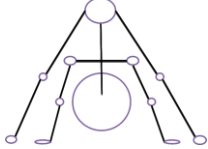
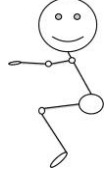
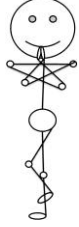
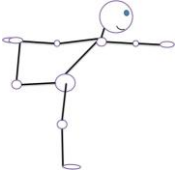
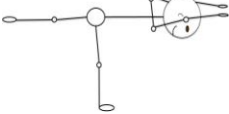
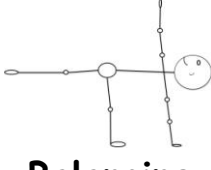
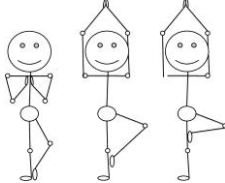

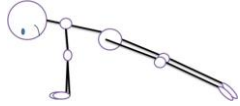
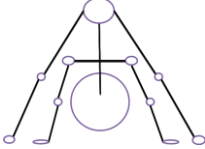
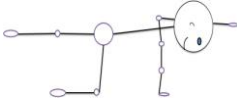
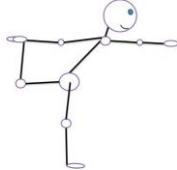
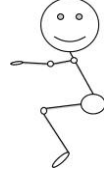
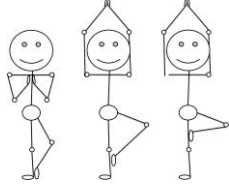
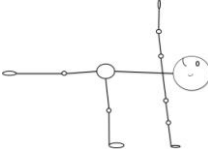
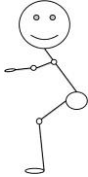
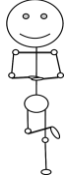
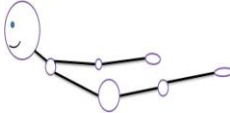
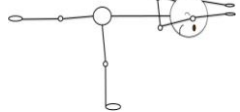
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 18</p>	 <p><b>Standing Split</b> 9</p>	 <p><b>Balanced Chair</b> 4</p>	 <p><b>Eagle</b> 7</p>	 <p><b>Dancer</b> 10</p>
 <p><b>Warrior III</b> 14</p>	 <p><b>Balancing Half Moon</b> 20</p>	 <p><b>Tree</b> 16</p>	 <p><b>Balance Pigeon</b> 1</p>	 <p><b>Plank</b> 15</p>
 <p><b>Standing Split</b> 11</p>	 <p><b>Spinal Balance</b> 12</p>	 <p><b>Dancer</b> 13</p>	 <p><b>Balanced Chair</b> 8</p>	 <p><b>Tree</b> 6</p>
 <p><b>Balancing Half Moon</b> 17</p>	 <p><b>Chair</b> 5</p>	 <p><b>Balance Pigeon</b> 2</p>	 <p><b>Shark</b> 3</p>	 <p><b>Warrior III</b> 19</p>

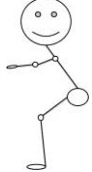
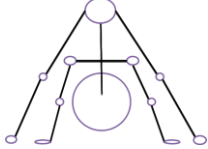
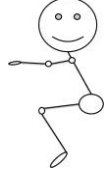

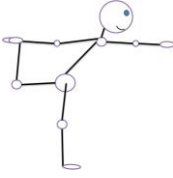
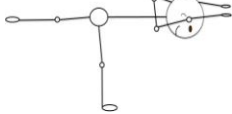

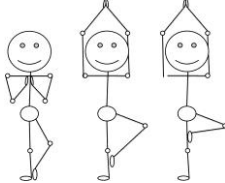
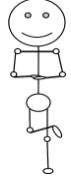
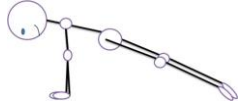
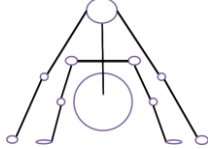
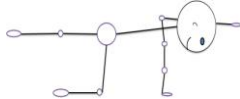
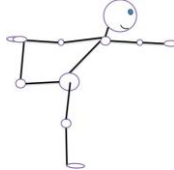
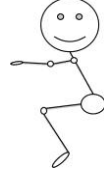
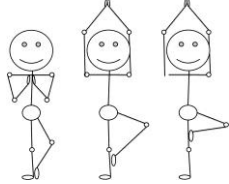
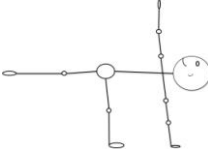
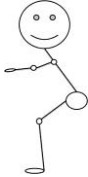
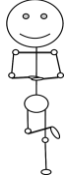
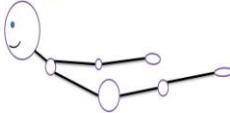
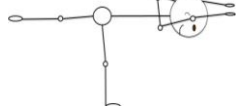
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 12</p>	 <p><b>Standing Split</b> 15</p>	 <p><b>Balanced Chair</b> 3</p>	 <p><b>Eagle</b> 9</p>	 <p><b>Dancer</b> 14</p>
 <p><b>Warrior III</b> 20</p>	 <p><b>Balancing Half Moon</b> 2</p>	 <p><b>Tree</b> 4</p>	 <p><b>Balance Pigeon</b> 17</p>	 <p><b>Plank</b> 8</p>
 <p><b>Standing Split</b> 6</p>	 <p><b>Spinal Balance</b> 19</p>	 <p><b>Dancer</b> 10</p>	 <p><b>Balanced Chair</b> 11</p>	 <p><b>Tree</b> 13</p>
 <p><b>Balancing Half Moon</b> 5</p>	 <p><b>Chair</b> 18</p>	 <p><b>Balance Pigeon</b> 16</p>	 <p><b>Shark</b> 1</p>	 <p><b>Warrior III</b> 7</p>

# STRETCH AND FLEX

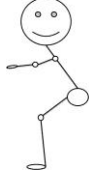
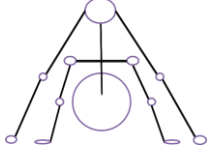
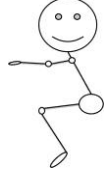
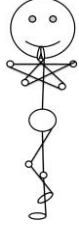
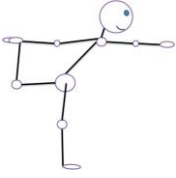
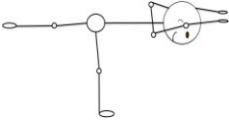

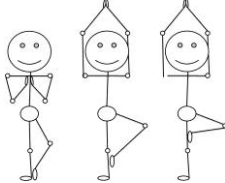

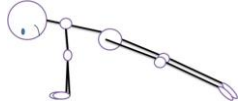
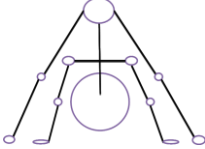
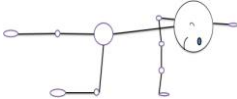
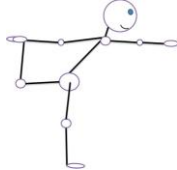
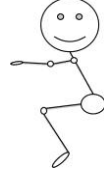
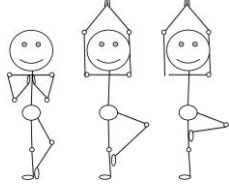
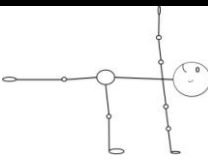
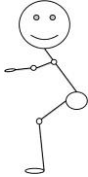
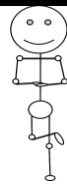
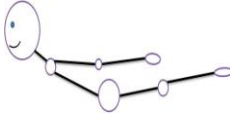
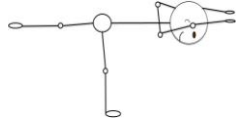
## BALANCE

 <p><b>Chair</b> 7</p>	 <p><b>Standing Split</b> 16</p>	 <p><b>Balanced Chair</b> 2</p>	 <p><b>Eagle</b> 13</p>	 <p><b>Dancer</b> 8</p>
 <p><b>Warrior III</b> 9</p>	 <p><b>Balancing Half Moon</b> 5</p>	 <p><b>Tree</b> 10</p>	 <p><b>Balance Pigeon</b> 15</p>	 <p><b>Plank</b> 3</p>
 <p><b>Standing Split</b> 11</p>	 <p><b>Spinal Balance</b> 17</p>	 <p><b>Dancer</b> 18</p>	 <p><b>Balanced Chair</b> 14</p>	 <p><b>Tree</b> 20</p>
 <p><b>Balancing Half Moon</b> 12</p>	 <p><b>Chair</b> 1</p>	 <p><b>Balance Pigeon</b> 19</p>	 <p><b>Shark</b> 4</p>	 <p><b>Warrior III</b> 6</p>



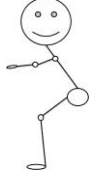
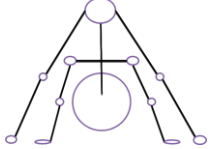
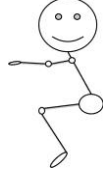
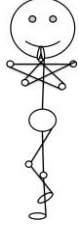
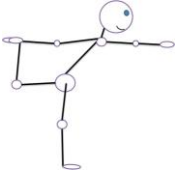
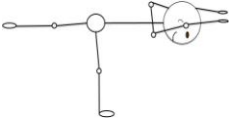

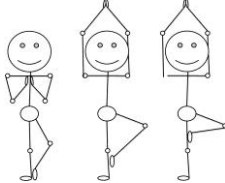

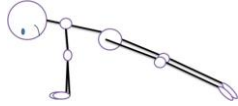
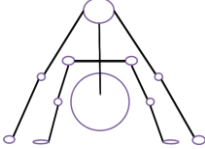
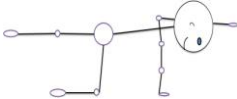
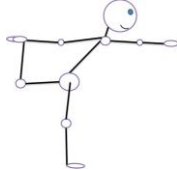
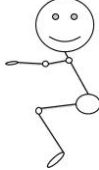
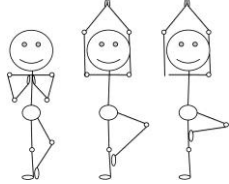
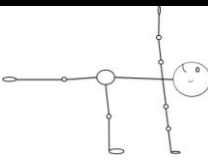
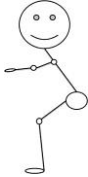
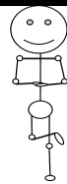
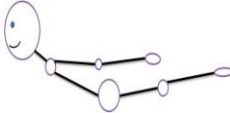
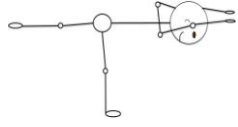
# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 18</p>	 <p><b>Standing Split</b> 14</p>	 <p><b>Balanced Chair</b> 10</p>	 <p><b>Eagle</b> 8</p>	 <p><b>Dancer</b> 6</p>
 <p><b>Warrior III</b> 12</p>	 <p><b>Balancing Half Moon</b> 20</p>	 <p><b>Tree</b> 2</p>	 <p><b>Balance Pigeon</b> 17</p>	 <p><b>Plank</b> 7</p>
 <p><b>Standing Split</b> 9</p>	 <p><b>Spinal Balance</b> 19</p>	 <p><b>Dancer</b> 15</p>	 <p><b>Balanced Chair</b> 1</p>	 <p><b>Tree</b> 16</p>
 <p><b>Balancing Half Moon</b> 11</p>	 <p><b>Chair</b> 13</p>	 <p><b>Balance Pigeon</b> 3</p>	 <p><b>Shark</b> 5</p>	 <p><b>Warrior III</b> 4</p>

# STRETCH AND FLEX

## BALANCE

 <p><b>Chair</b> 1</p>	 <p><b>Standing Split</b> 19</p>	 <p><b>Balanced Chair</b> 6</p>	 <p><b>Eagle</b> 11</p>	 <p><b>Dancer</b> 18</p>
 <p><b>Warrior III</b> 7</p>	 <p><b>Balancing Half Moon</b> 20</p>	 <p><b>Tree</b> 12</p>	 <p><b>Balance Pigeon</b> 8</p>	 <p><b>Plank</b> 15</p>
 <p><b>Standing Split</b> 3</p>	 <p><b>Spinal Balance</b> 9</p>	 <p><b>Dancer</b> 16</p>	 <p><b>Balanced Chair</b> 2</p>	 <p><b>Tree</b> 14</p>
 <p><b>Balancing Half Moon</b> 13</p>	 <p><b>Chair</b> 5</p>	 <p><b>Balance Pigeon</b> 17</p>	 <p><b>Shark</b> 10</p>	 <p><b>Warrior III</b> 4</p>