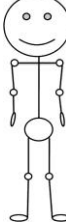
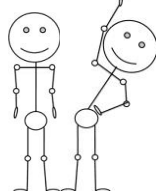
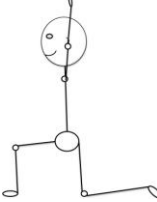
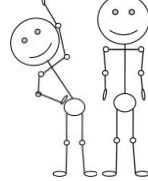
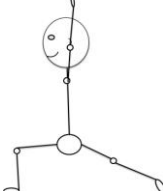
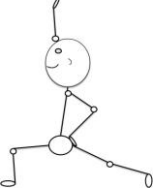
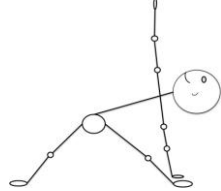
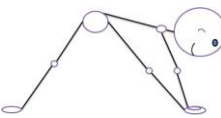
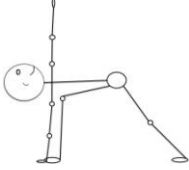
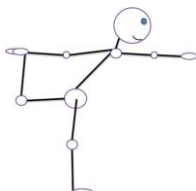
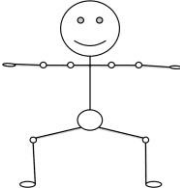
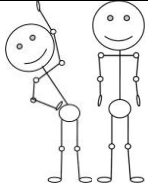
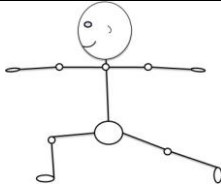
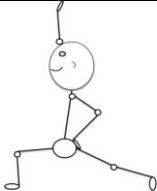
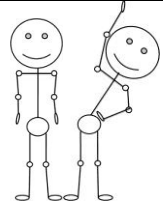
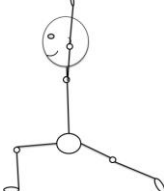
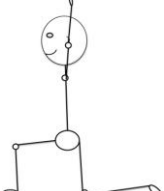
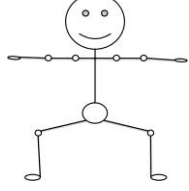
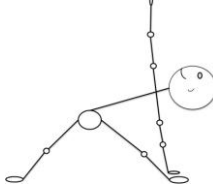
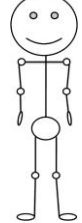


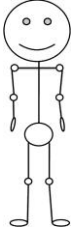
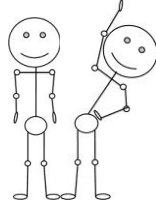
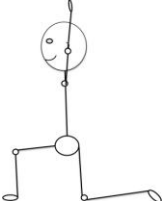
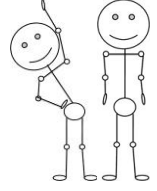
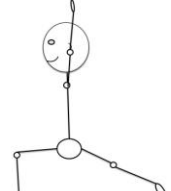
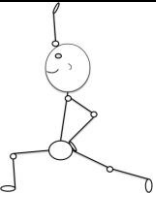
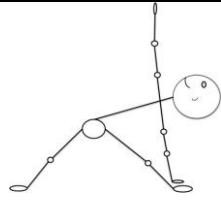
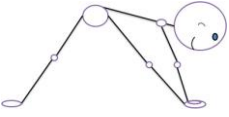
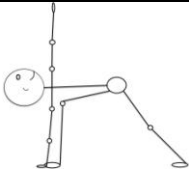
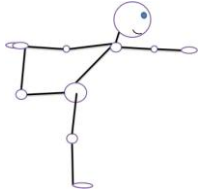
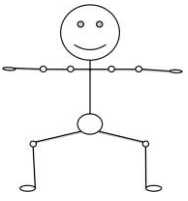
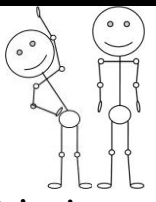
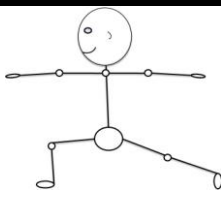
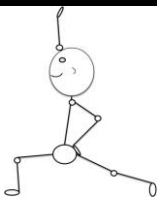
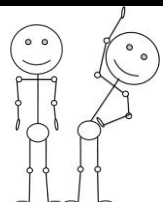
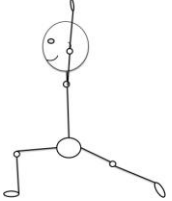
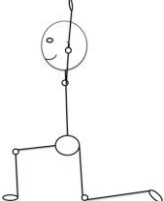
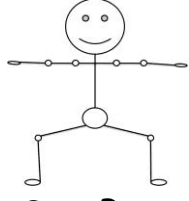
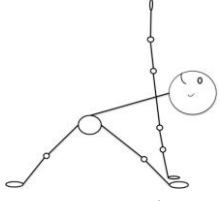
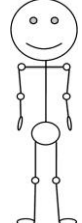
# STRETCH AND FLEX

## STANDING POSES

 <p><b>Mountain</b> 17</p>	 <p><b>Left Lateral Flexion</b> 16</p>	 <p><b>Dragon</b> 13</p>	 <p><b>Right Lateral Flexion</b> 20</p>	 <p><b>Warrior I</b> 11</p>
 <p><b>Reverse Warrior</b> 12</p>	 <p><b>Triangle</b> 10</p>	 <p><b>Pyramid</b> 4</p>	 <p><b>Extended Side Angle</b> 7</p>	 <p><b>Dancer</b> 1</p>
 <p><b>Sun Pose</b> 3</p>	 <p><b>Right Lateral Flexion</b> 18</p>	 <p><b>Warrior II</b> 9</p>	 <p><b>Reverse Warrior</b> 8</p>	 <p><b>Left Lateral Flexion</b> 15</p>
 <p><b>Warrior I</b> 19</p>	 <p><b>Dragon</b> 2</p>	 <p><b>Sun Pose</b> 14</p>	 <p><b>Triangle</b> 5</p>	 <p><b>Mountain</b> 6</p>

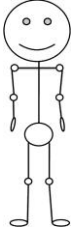
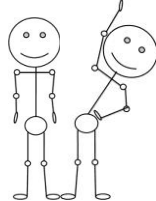
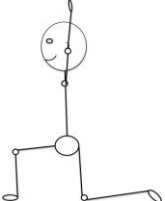
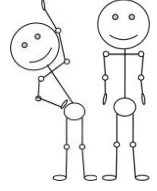
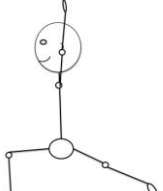
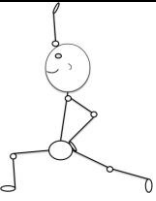
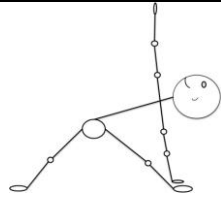
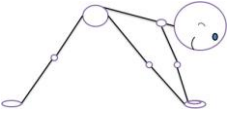
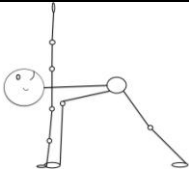
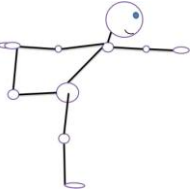
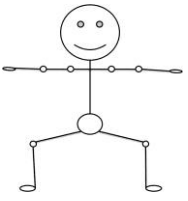
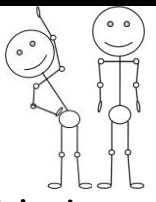
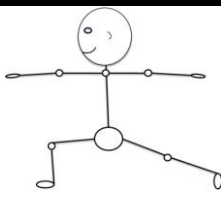
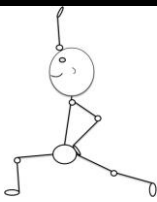
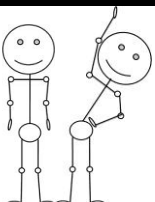
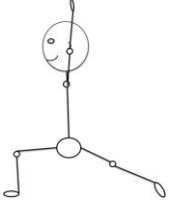
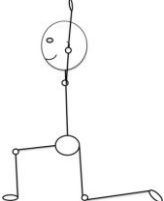
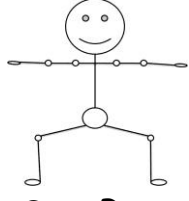
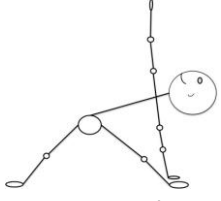
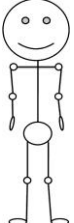
# STRETCH AND FLEX

## STANDING POSES

 <b>Mountain</b> <b>16</b>	 <b>Left Lateral Flexion</b> <b>19</b>	 <b>Dragon</b> <b>4</b>	 <b>Right Lateral Flexion</b> <b>12</b>	 <b>Warrior I</b> <b>5</b>
 <b>Reverse Warrior</b> <b>11</b>	 <b>Triangle</b> <b>2</b>	 <b>Pyramid</b> <b>13</b>	 <b>Extended Side Angle</b> <b>9</b>	 <b>Dancer</b> <b>1</b>
 <b>Sun Pose</b> <b>7</b>	 <b>Right Lateral Flexion</b> <b>8</b>	 <b>Warrior II</b> <b>3</b>	 <b>Reverse Warrior</b> <b>17</b>	 <b>Left Lateral Flexion</b> <b>20</b>
 <b>Warrior I</b> <b>10</b>	 <b>Dragon</b> <b>15</b>	 <b>Sun Pose</b> <b>14</b>	 <b>Triangle</b> <b>6</b>	 <b>Mountain</b> <b>18</b>

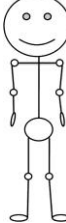
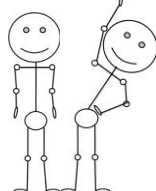
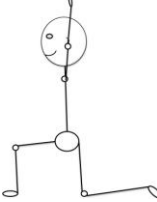
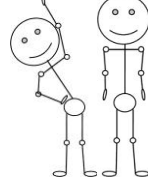
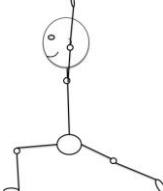
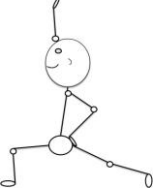
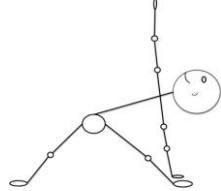
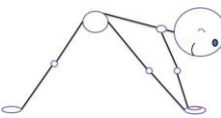
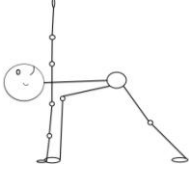
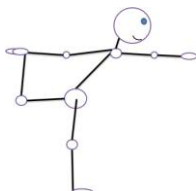
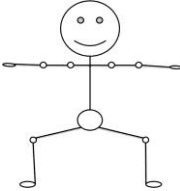
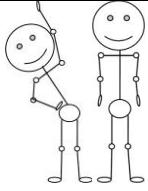
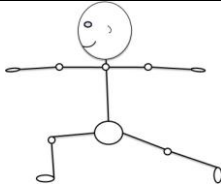
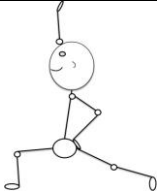
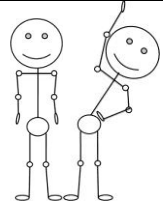
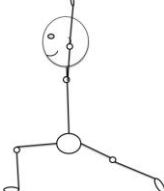
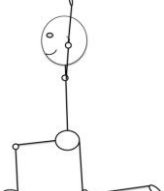
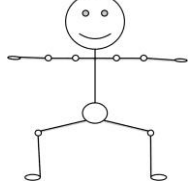
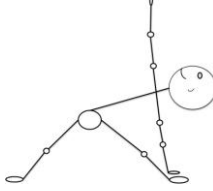
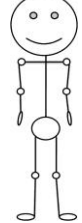
# STRETCH AND FLEX

## STANDING POSES

 <p><b>Mountain</b> 13</p>	 <p><b>Left Lateral Flexion</b> 19</p>	 <p><b>Dragon</b> 18</p>	 <p><b>Right Lateral Flexion</b> 8</p>	 <p><b>Warrior I</b> 12</p>
 <p><b>Reverse Warrior</b> 6</p>	 <p><b>Triangle</b> 3</p>	 <p><b>Pyramid</b> 9</p>	 <p><b>Extended Side Angle</b> 4</p>	 <p><b>Dancer</b> 14</p>
 <p><b>Sun Pose</b> 16</p>	 <p><b>Right Lateral Flexion</b> 17</p>	 <p><b>Warrior II</b> 5</p>	 <p><b>Reverse Warrior</b> 20</p>	 <p><b>Left Lateral Flexion</b> 7</p>
 <p><b>Warrior I</b> 2</p>	 <p><b>Dragon</b> 11</p>	 <p><b>Sun Pose</b> 1</p>	 <p><b>Triangle</b> 10</p>	 <p><b>Mountain</b> 15</p>

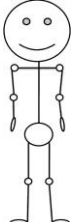
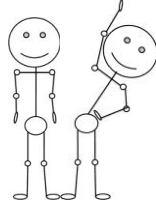
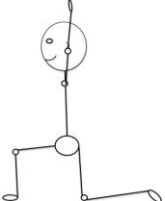
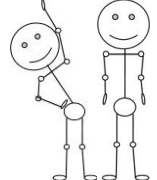
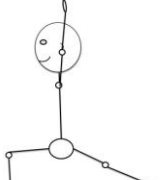
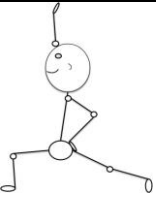
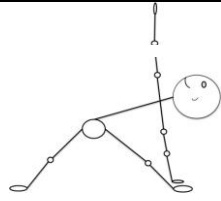
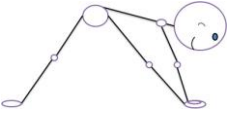
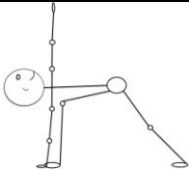
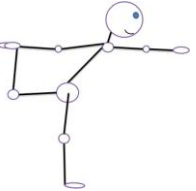
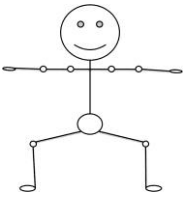
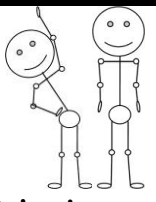
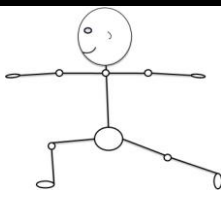
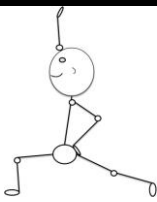
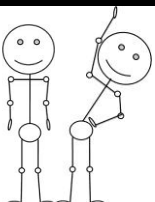
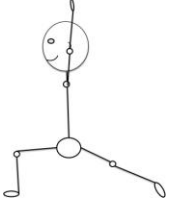
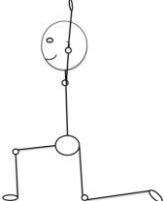
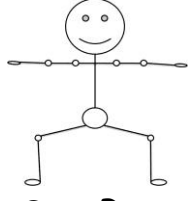
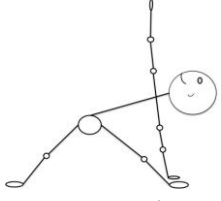
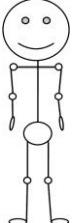
# STRETCH AND FLEX

## STANDING POSES

 <p><b>Mountain</b> 5</p>	 <p><b>Left Lateral Flexion</b> 16</p>	 <p><b>Dragon</b> 13</p>	 <p><b>Right Lateral Flexion</b> 14</p>	 <p><b>Warrior I</b> 8</p>
 <p><b>Reverse Warrior</b> 2</p>	 <p><b>Triangle</b> 15</p>	 <p><b>Pyramid</b> 9</p>	 <p><b>Extended Side Angle</b> 19</p>	 <p><b>Dancer</b> 12</p>
 <p><b>Sun Pose</b> 7</p>	 <p><b>Right Lateral Flexion</b> 1</p>	 <p><b>Warrior II</b> 11</p>	 <p><b>Reverse Warrior</b> 10</p>	 <p><b>Left Lateral Flexion</b> 17</p>
 <p><b>Warrior I</b> 18</p>	 <p><b>Dragon</b> 6</p>	 <p><b>Sun Pose</b> 3</p>	 <p><b>Triangle</b> 4</p>	 <p><b>Mountain</b> 20</p>

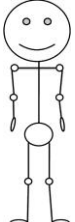
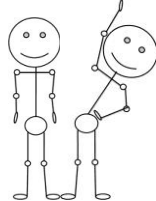
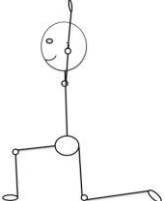
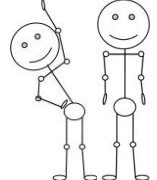
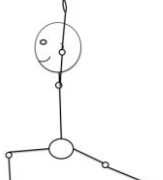
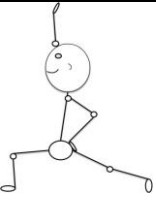
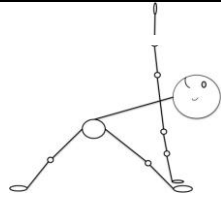
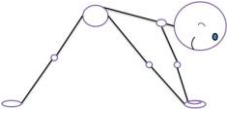
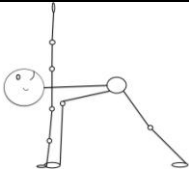
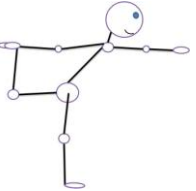
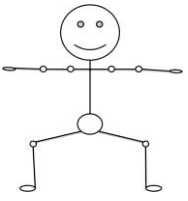
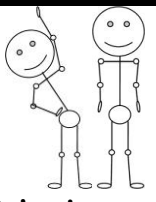
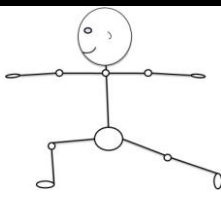
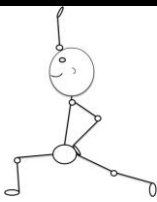
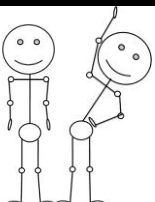
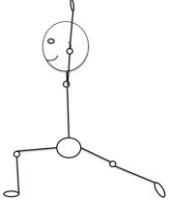
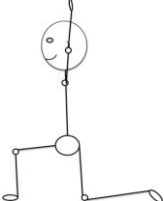
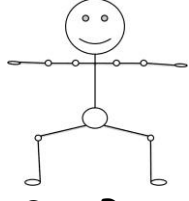
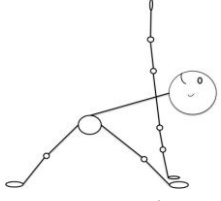
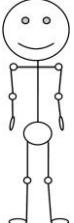
# STRETCH AND FLEX

## STANDING POSES

 <p><b>Mountain</b> 8</p>	 <p><b>Left Lateral Flexion</b> 19</p>	 <p><b>Dragon</b> 15</p>	 <p><b>Right Lateral Flexion</b> 20</p>	 <p><b>Warrior I</b> 3</p>
 <p><b>Reverse Warrior</b> 16</p>	 <p><b>Triangle</b> 18</p>	 <p><b>Pyramid</b> 5</p>	 <p><b>Extended Side Angle</b> 7</p>	 <p><b>Dancer</b> 1</p>
 <p><b>Sun Pose</b> 10</p>	 <p><b>Right Lateral Flexion</b> 6</p>	 <p><b>Warrior II</b> 17</p>	 <p><b>Reverse Warrior</b> 4</p>	 <p><b>Left Lateral Flexion</b> 9</p>
 <p><b>Warrior I</b> 13</p>	 <p><b>Dragon</b> 11</p>	 <p><b>Sun Pose</b> 2</p>	 <p><b>Triangle</b> 14</p>	 <p><b>Mountain</b> 12</p>

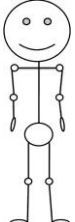
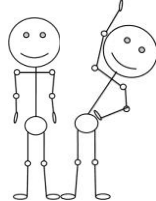
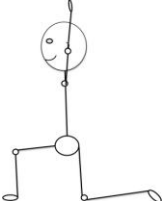
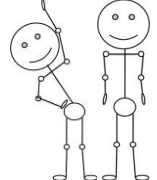
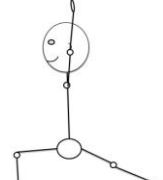
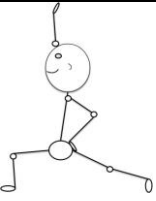
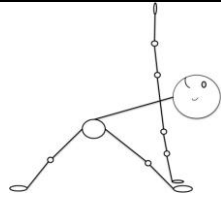
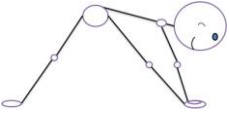
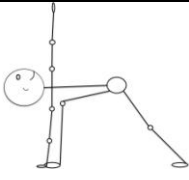
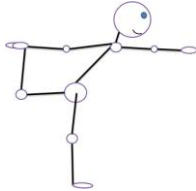
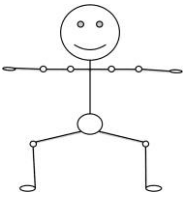
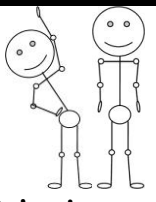
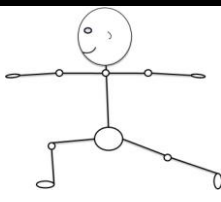
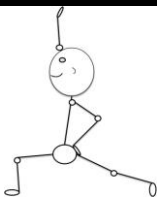
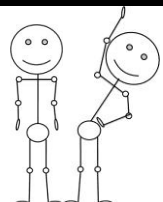
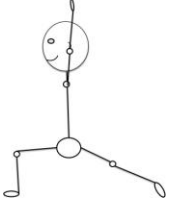
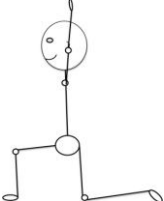
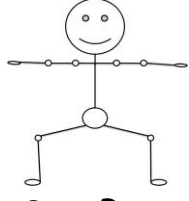
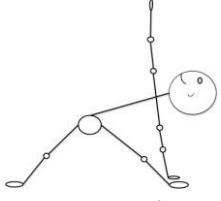
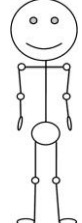
# STRETCH AND FLEX

## STANDING POSES

 <p><b>Mountain</b> 9</p>	 <p><b>Left Lateral Flexion</b> 15</p>	 <p><b>Dragon</b> 12</p>	 <p><b>Right Lateral Flexion</b> 16</p>	 <p><b>Warrior I</b> 13</p>
 <p><b>Reverse Warrior</b> 7</p>	 <p><b>Triangle</b> 8</p>	 <p><b>Pyramid</b> 19</p>	 <p><b>Extended Side Angle</b> 18</p>	 <p><b>Dancer</b> 17</p>
 <p><b>Sun Pose</b> 6</p>	 <p><b>Right Lateral Flexion</b> 11</p>	 <p><b>Warrior II</b> 5</p>	 <p><b>Reverse Warrior</b> 10</p>	 <p><b>Left Lateral Flexion</b> 14</p>
 <p><b>Warrior I</b> 20</p>	 <p><b>Dragon</b> 2</p>	 <p><b>Sun Pose</b> 1</p>	 <p><b>Triangle</b> 3</p>	 <p><b>Mountain</b> 4</p>

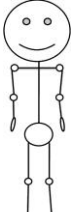
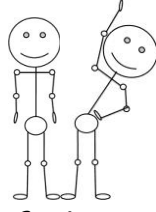
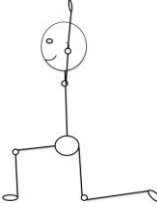
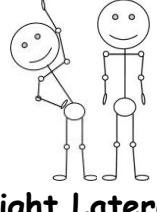
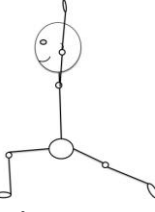
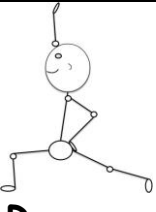
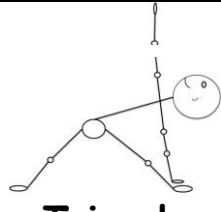
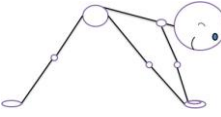
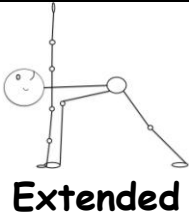
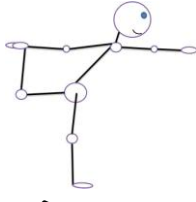
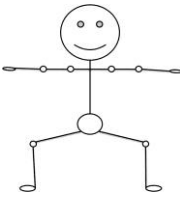
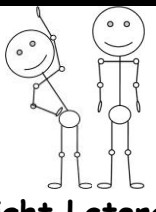
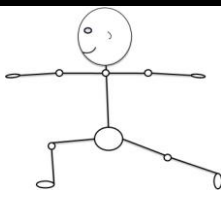
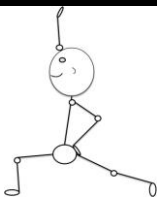
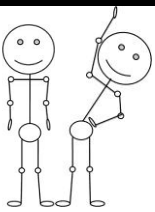
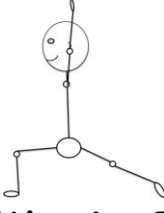
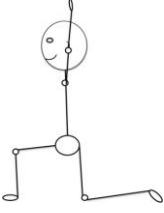
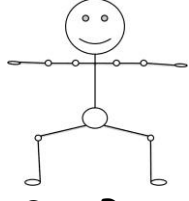
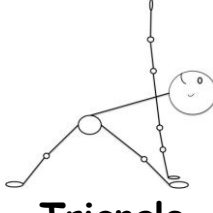
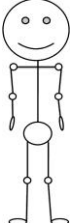
# STRETCH AND FLEX

## STANDING POSES

 <p><b>Mountain</b> 17</p>	 <p><b>Left Lateral Flexion</b> 8</p>	 <p><b>Dragon</b> 1</p>	 <p><b>Right Lateral Flexion</b> 3</p>	 <p><b>Warrior I</b> 7</p>
 <p><b>Reverse Warrior</b> 2</p>	 <p><b>Triangle</b> 13</p>	 <p><b>Pyramid</b> 10</p>	 <p><b>Extended Side Angle</b> 6</p>	 <p><b>Dancer</b> 4</p>
 <p><b>Sun Pose</b> 12</p>	 <p><b>Right Lateral Flexion</b> 5</p>	 <p><b>Warrior II</b> 11</p>	 <p><b>Reverse Warrior</b> 19</p>	 <p><b>Left Lateral Flexion</b> 16</p>
 <p><b>Warrior I</b> 15</p>	 <p><b>Dragon</b> 20</p>	 <p><b>Sun Pose</b> 18</p>	 <p><b>Triangle</b> 9</p>	 <p><b>Mountain</b> 14</p>

# STRETCH AND FLEX

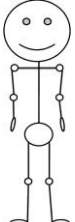
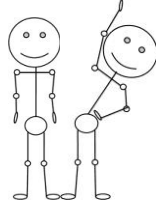
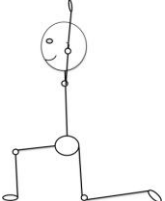
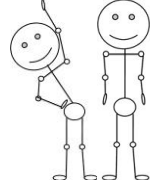
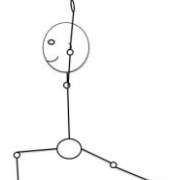
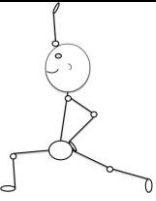
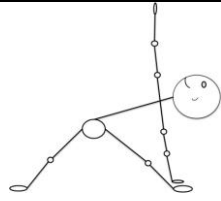
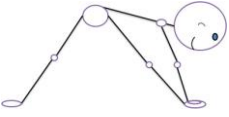
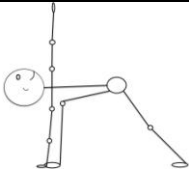
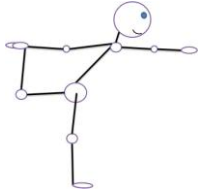
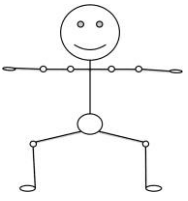
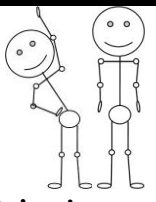
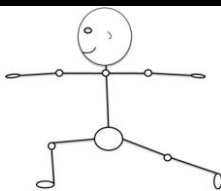
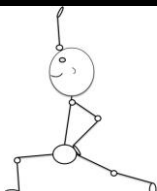
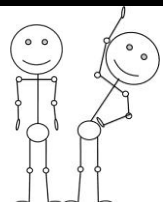
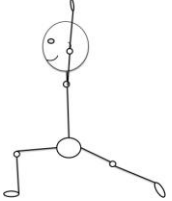
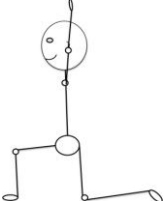
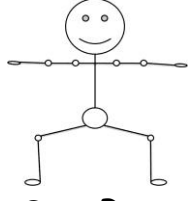
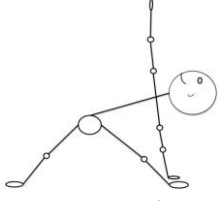
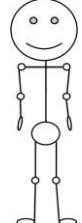
## STANDING POSES

 <p>Mountain 20</p>	 <p>Left Lateral Flexion 10</p>	 <p>Dragon 19</p>	 <p>Right Lateral Flexion 16</p>	 <p>Warrior I 7</p>
 <p>Reverse Warrior 3</p>	 <p>Triangle 18</p>	 <p>Pyramid 17</p>	 <p>Extended Side Angle 2</p>	 <p>Dancer 15</p>
 <p>Sun Pose 12</p>	 <p>Right Lateral Flexion 5</p>	 <p>Warrior II 1</p>	 <p>Reverse Warrior 11</p>	 <p>Left Lateral Flexion 9</p>
 <p>Warrior I 8</p>	 <p>Dragon 6</p>	 <p>Sun Pose 14</p>	 <p>Triangle 4</p>	 <p>Mountain 13</p>



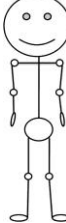
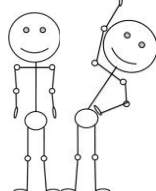
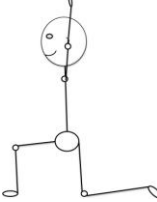
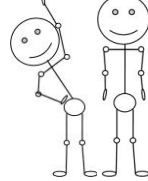
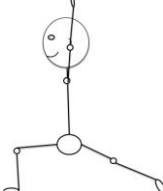
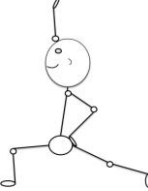
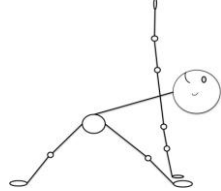
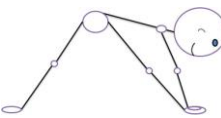
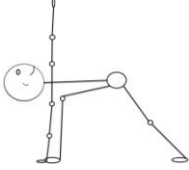
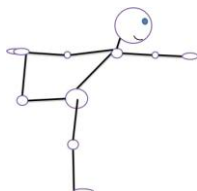
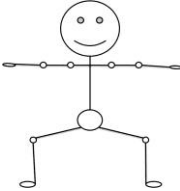
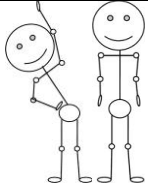
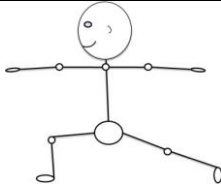
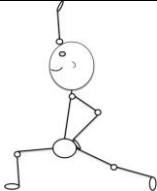
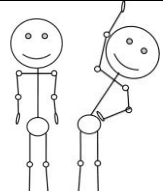
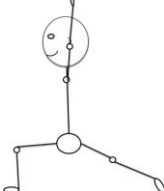
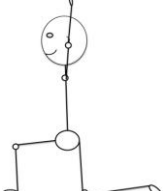
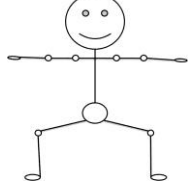
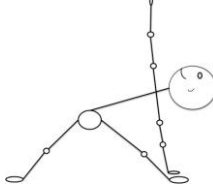
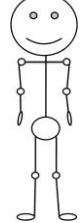
# STRETCH AND FLEX

## STANDING POSES

 <b>Mountain</b> 9	 <b>Left Lateral Flexion</b> 7	 <b>Dragon</b> 15	 <b>Right Lateral Flexion</b> 20	 <b>Warrior I</b> 5
 <b>Reverse Warrior</b> 2	 <b>Triangle</b> 10	 <b>Pyramid</b> 4	 <b>Extended Side Angle</b> 19	 <b>Dancer</b> 18
 <b>Sun Pose</b> 3	 <b>Right Lateral Flexion</b> 13	 <b>Warrior II</b> 1	 <b>Reverse Warrior</b> 11	 <b>Left Lateral Flexion</b> 17
 <b>Warrior I</b> 16	 <b>Dragon</b> 14	 <b>Sun Pose</b> 12	 <b>Triangle</b> 6	 <b>Mountain</b> 8

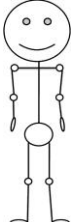
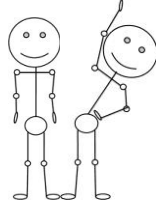
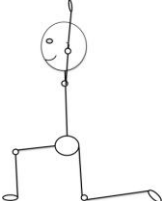
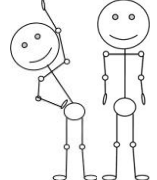
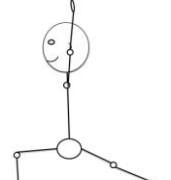
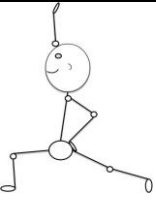
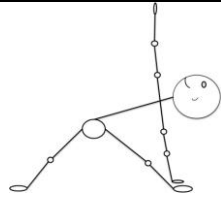
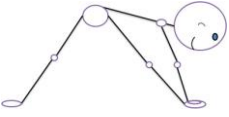
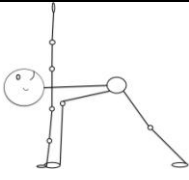
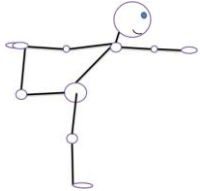
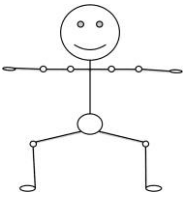
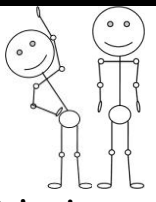
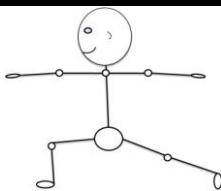
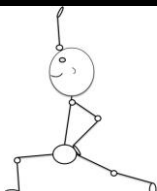
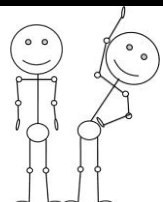
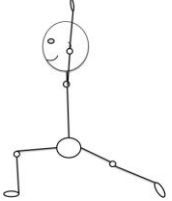
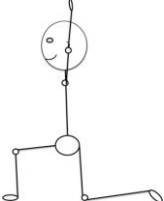
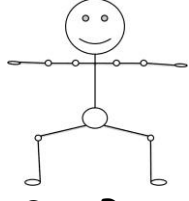
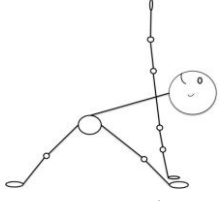
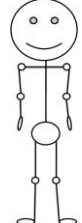
# STRETCH AND FLEX

## STANDING POSES

 <p><b>Mountain</b> 16</p>	 <p><b>Left Lateral Flexion</b> 5</p>	 <p><b>Dragon</b> 14</p>	 <p><b>Right Lateral Flexion</b> 20</p>	 <p><b>Warrior I</b> 18</p>
 <p><b>Reverse Warrior</b> 2</p>	 <p><b>Triangle</b> 12</p>	 <p><b>Pyramid</b> 11</p>	 <p><b>Extended Side Angle</b> 6</p>	 <p><b>Dancer</b> 3</p>
 <p><b>Sun Pose</b> 10</p>	 <p><b>Right Lateral Flexion</b> 19</p>	 <p><b>Warrior II</b> 1</p>	 <p><b>Reverse Warrior</b> 17</p>	 <p><b>Left Lateral Flexion</b> 9</p>
 <p><b>Warrior I</b> 15</p>	 <p><b>Dragon</b> 8</p>	 <p><b>Sun Pose</b> 4</p>	 <p><b>Triangle</b> 7</p>	 <p><b>Mountain</b> 13</p>

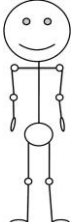
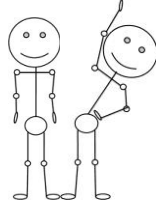
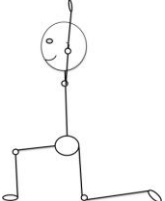
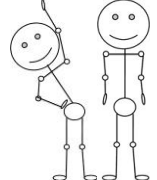
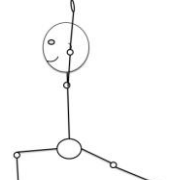
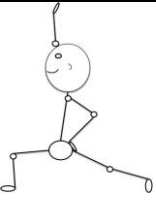
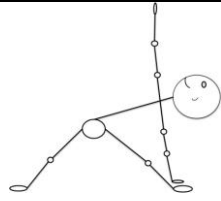
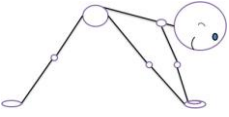
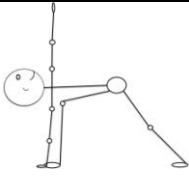
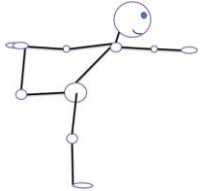
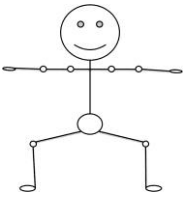
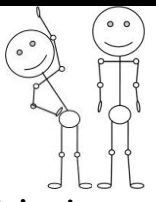
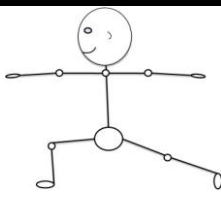
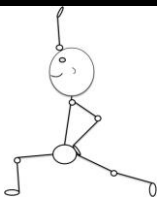
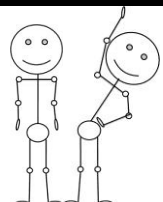
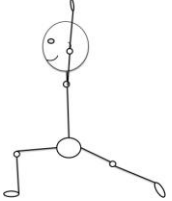
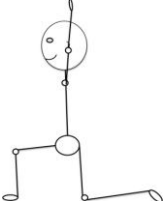
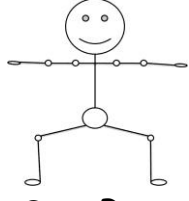
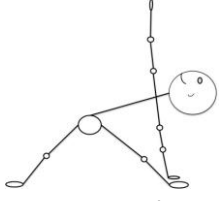
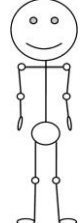
# STRETCH AND FLEX

## STANDING POSES

 <b>Mountain</b> 2	 <b>Left Lateral Flexion</b> 19	 <b>Dragon</b> 3	 <b>Right Lateral Flexion</b> 1	 <b>Warrior I</b> 13
 <b>Reverse Warrior</b> 11	 <b>Triangle</b> 20	 <b>Pyramid</b> 7	 <b>Extended Side Angle</b> 15	 <b>Dancer</b> 17
 <b>Sun Pose</b> 10	 <b>Right Lateral Flexion</b> 18	 <b>Warrior II</b> 5	 <b>Reverse Warrior</b> 9	 <b>Left Lateral Flexion</b> 12
 <b>Warrior I</b> 14	 <b>Dragon</b> 4	 <b>Sun Pose</b> 16	 <b>Triangle</b> 6	 <b>Mountain</b> 8

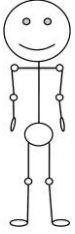
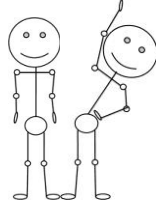
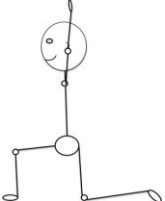
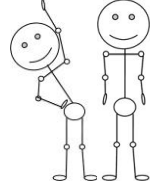
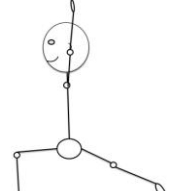
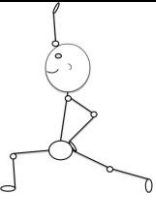
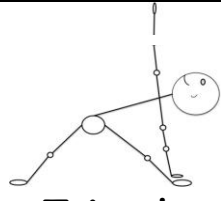
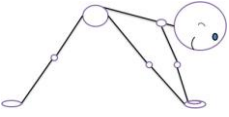
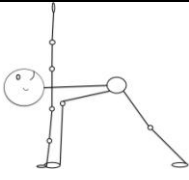
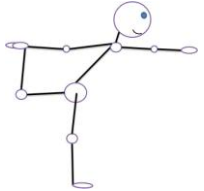
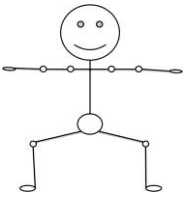
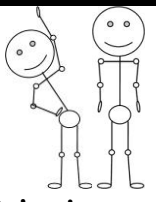
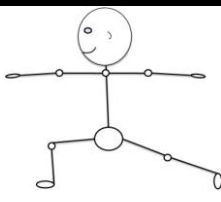
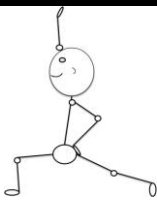
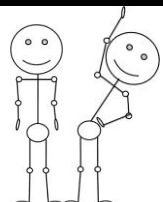
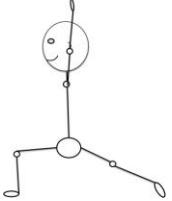
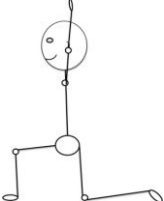
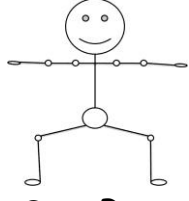
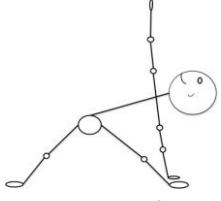
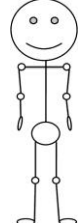
# STRETCH AND FLEX

## STANDING POSES

 <p><b>Mountain</b> 9</p>	 <p><b>Left Lateral Flexion</b> 14</p>	 <p><b>Dragon</b> 6</p>	 <p><b>Right Lateral Flexion</b> 20</p>	 <p><b>Warrior I</b> 4</p>
 <p><b>Reverse Warrior</b> 13</p>	 <p><b>Triangle</b> 11</p>	 <p><b>Pyramid</b> 8</p>	 <p><b>Extended Side Angle</b> 19</p>	 <p><b>Dancer</b> 10</p>
 <p><b>Sun Pose</b> 3</p>	 <p><b>Right Lateral Flexion</b> 5</p>	 <p><b>Warrior II</b> 18</p>	 <p><b>Reverse Warrior</b> 16</p>	 <p><b>Left Lateral Flexion</b> 1</p>
 <p><b>Warrior I</b> 15</p>	 <p><b>Dragon</b> 7</p>	 <p><b>Sun Pose</b> 12</p>	 <p><b>Triangle</b> 17</p>	 <p><b>Mountain</b> 2</p>

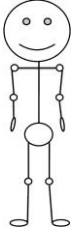
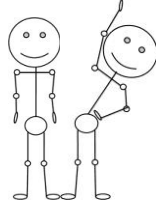
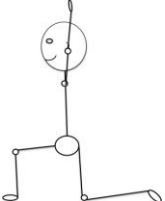
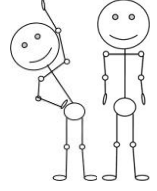
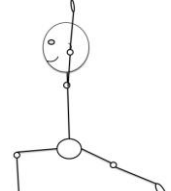
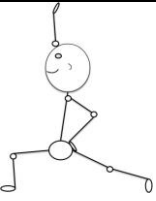
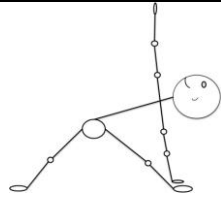
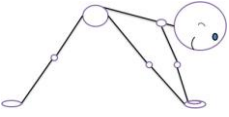
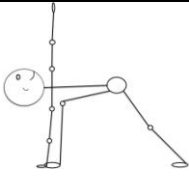
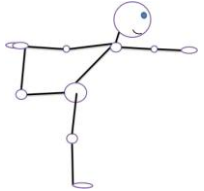
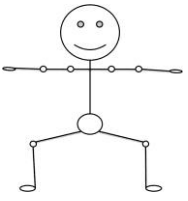
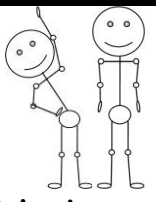
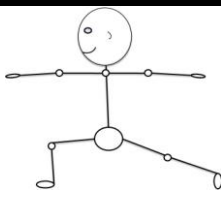
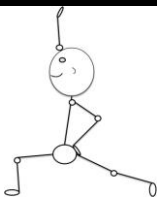
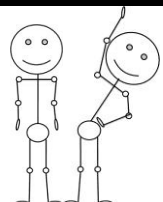
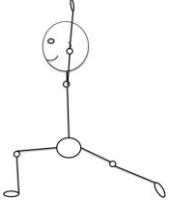
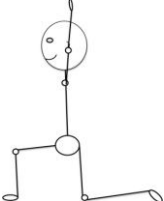
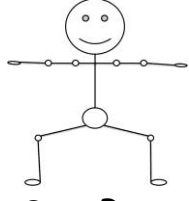
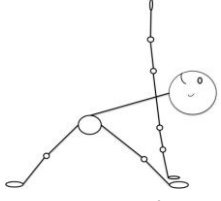
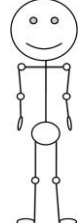
# STRETCH AND FLEX

## STANDING POSES

 <b>Mountain</b> 7	 <b>Left Lateral Flexion</b> 1	 <b>Dragon</b> 19	 <b>Right Lateral Flexion</b> 10	 <b>Warrior I</b> 3
 <b>Reverse Warrior</b> 11	 <b>Triangle</b> 20	 <b>Pyramid</b> 15	 <b>Extended Side Angle</b> 6	 <b>Dancer</b> 2
 <b>Sun Pose</b> 16	 <b>Right Lateral Flexion</b> 12	 <b>Warrior II</b> 8	 <b>Reverse Warrior</b> 4	 <b>Left Lateral Flexion</b> 9
 <b>Warrior I</b> 13	 <b>Dragon</b> 18	 <b>Sun Pose</b> 17	 <b>Triangle</b> 5	 <b>Mountain</b> 14

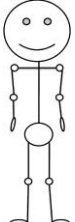
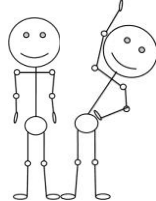
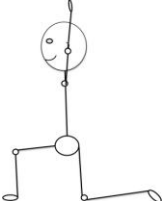
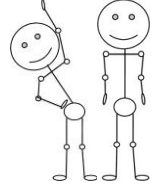
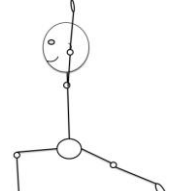
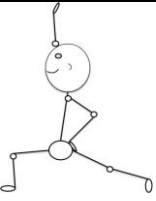
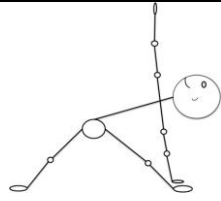
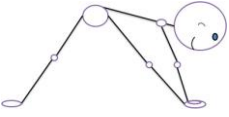
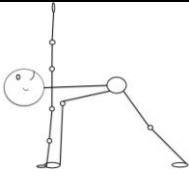
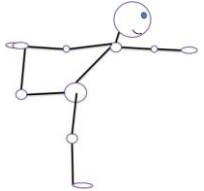
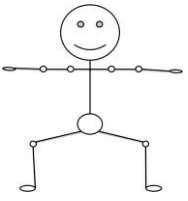
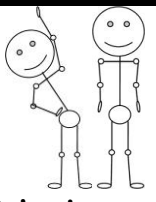
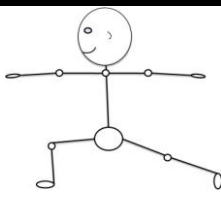
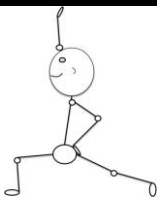
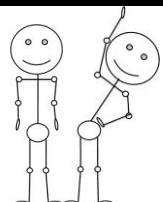
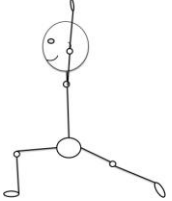
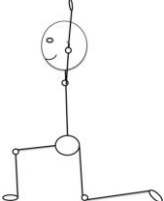
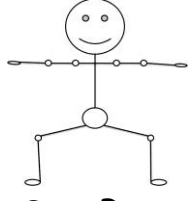
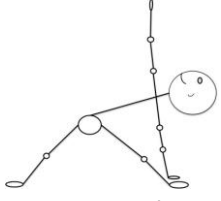
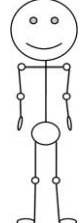
# STRETCH AND FLEX

## STANDING POSES

 <p><b>Mountain</b> 18</p>	 <p><b>Left Lateral Flexion</b> 9</p>	 <p><b>Dragon</b> 4</p>	 <p><b>Right Lateral Flexion</b> 7</p>	 <p><b>Warrior I</b> 10</p>
 <p><b>Reverse Warrior</b> 14</p>	 <p><b>Triangle</b> 20</p>	 <p><b>Pyramid</b> 16</p>	 <p><b>Extended Side Angle</b> 1</p>	 <p><b>Dancer</b> 15</p>
 <p><b>Sun Pose</b> 11</p>	 <p><b>Right Lateral Flexion</b> 12</p>	 <p><b>Warrior II</b> 13</p>	 <p><b>Reverse Warrior</b> 8</p>	 <p><b>Left Lateral Flexion</b> 6</p>
 <p><b>Warrior I</b> 17</p>	 <p><b>Dragon</b> 5</p>	 <p><b>Sun Pose</b> 2</p>	 <p><b>Triangle</b> 3</p>	 <p><b>Mountain</b> 19</p>

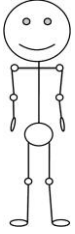
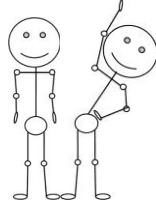
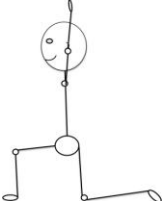
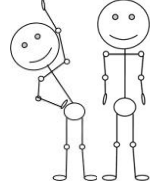
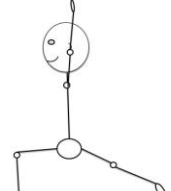
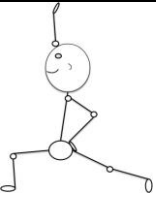
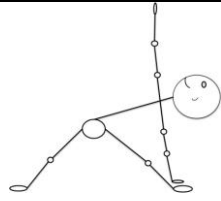
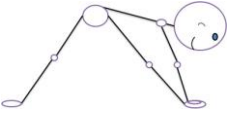
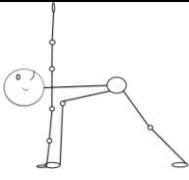
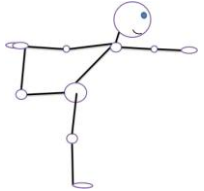
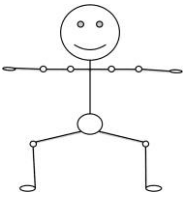
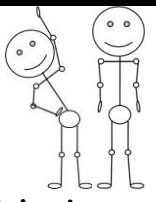
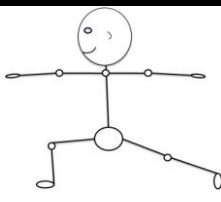
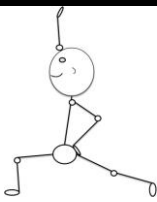
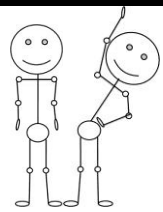
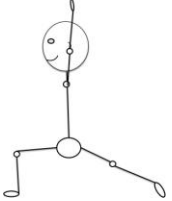
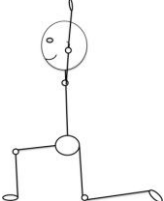
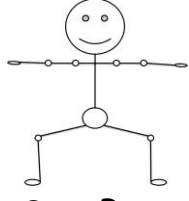
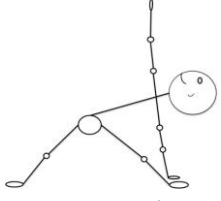
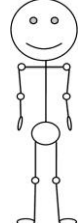
# STRETCH AND FLEX

## STANDING POSES

 <p><b>Mountain</b> 12</p>	 <p><b>Left Lateral Flexion</b> 15</p>	 <p><b>Dragon</b> 3</p>	 <p><b>Right Lateral Flexion</b> 9</p>	 <p><b>Warrior I</b> 14</p>
 <p><b>Reverse Warrior</b> 20</p>	 <p><b>Triangle</b> 2</p>	 <p><b>Pyramid</b> 4</p>	 <p><b>Extended Side Angle</b> 17</p>	 <p><b>Dancer</b> 8</p>
 <p><b>Sun Pose</b> 6</p>	 <p><b>Right Lateral Flexion</b> 19</p>	 <p><b>Warrior II</b> 10</p>	 <p><b>Reverse Warrior</b> 11</p>	 <p><b>Left Lateral Flexion</b> 13</p>
 <p><b>Warrior I</b> 5</p>	 <p><b>Dragon</b> 18</p>	 <p><b>Sun Pose</b> 16</p>	 <p><b>Triangle</b> 1</p>	 <p><b>Mountain</b> 7</p>

# STRETCH AND FLEX

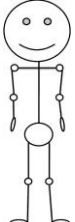
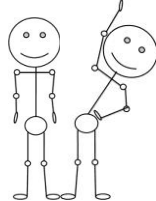
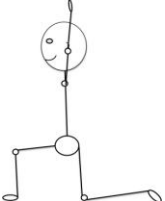
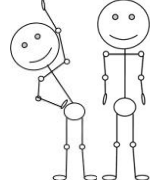
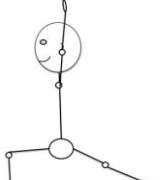
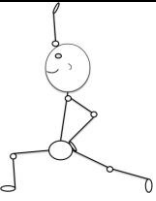
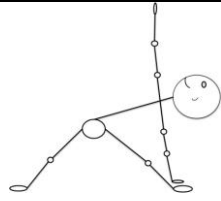
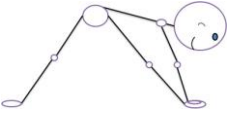
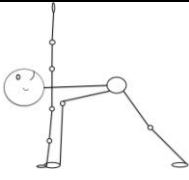
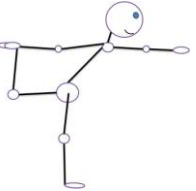
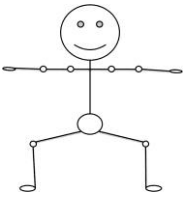
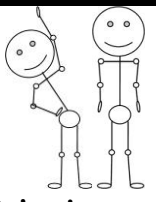
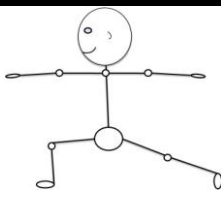
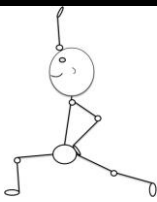
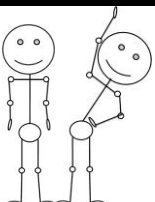
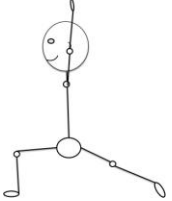
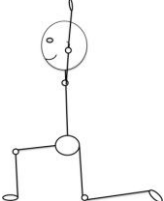
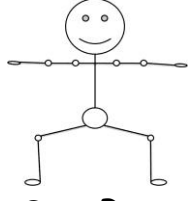
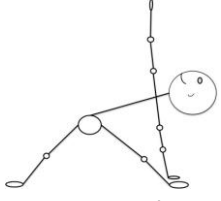
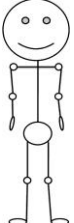
## STANDING POSES

 <b>Mountain</b> <b>7</b>	 <b>Left Lateral Flexion</b> <b>16</b>	 <b>Dragon</b> <b>2</b>	 <b>Right Lateral Flexion</b> <b>13</b>	 <b>Warrior I</b> <b>8</b>
 <b>Reverse Warrior</b> <b>9</b>	 <b>Triangle</b> <b>5</b>	 <b>Pyramid</b> <b>10</b>	 <b>Extended Side Angle</b> <b>15</b>	 <b>Dancer</b> <b>3</b>
 <b>Sun Pose</b> <b>11</b>	 <b>Right Lateral Flexion</b> <b>17</b>	 <b>Warrior II</b> <b>18</b>	 <b>Reverse Warrior</b> <b>14</b>	 <b>Left Lateral Flexion</b> <b>20</b>
 <b>Warrior I</b> <b>12</b>	 <b>Dragon</b> <b>1</b>	 <b>Sun Pose</b> <b>19</b>	 <b>Triangle</b> <b>4</b>	 <b>Mountain</b> <b>6</b>



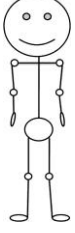
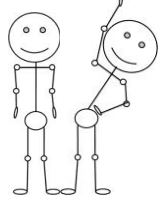
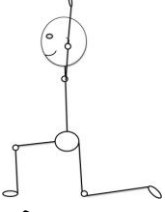
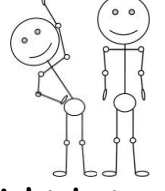
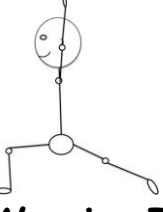
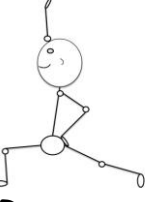
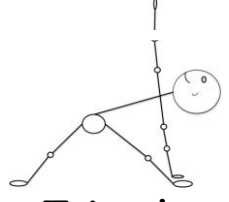
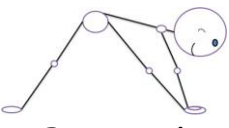
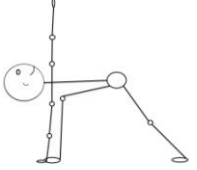
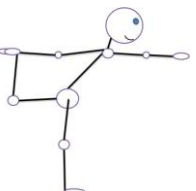
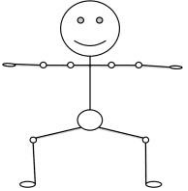
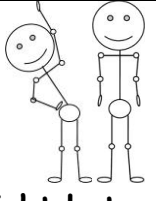
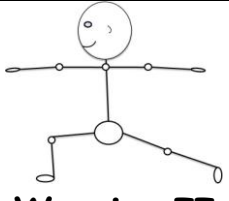
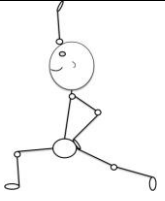
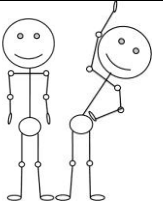
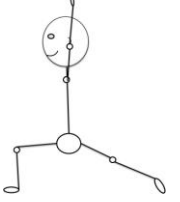
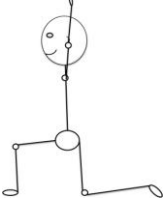
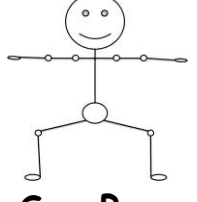
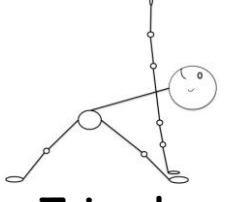
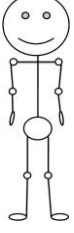
# STRETCH AND FLEX

## STANDING POSES

 <p><b>Mountain</b> 18</p>	 <p><b>Left Lateral Flexion</b> 14</p>	 <p><b>Dragon</b> 10</p>	 <p><b>Right Lateral Flexion</b> 8</p>	 <p><b>Warrior I</b> 6</p>
 <p><b>Reverse Warrior</b> 12</p>	 <p><b>Triangle</b> 20</p>	 <p><b>Pyramid</b> 2</p>	 <p><b>Extended Side Angle</b> 17</p>	 <p><b>Dancer</b> 7</p>
 <p><b>Sun Pose</b> 9</p>	 <p><b>Right Lateral Flexion</b> 19</p>	 <p><b>Warrior II</b> 15</p>	 <p><b>Reverse Warrior</b> 1</p>	 <p><b>Left Lateral Flexion</b> 16</p>
 <p><b>Warrior I</b> 11</p>	 <p><b>Dragon</b> 13</p>	 <p><b>Sun Pose</b> 3</p>	 <p><b>Triangle</b> 5</p>	 <p><b>Mountain</b> 4</p>

# STRETCH AND FLEX

## STANDING POSES

 <p><b>Mountain</b> 1</p>	 <p><b>Left Lateral Flexion</b> 19</p>	 <p><b>Dragon</b> 6</p>	 <p><b>Right Lateral Flexion</b> 11</p>	 <p><b>Warrior I</b> 18</p>
 <p><b>Reverse Warrior</b> 7</p>	 <p><b>Triangle</b> 20</p>	 <p><b>Pyramid</b> 12</p>	 <p><b>Extended Side Angle</b> 8</p>	 <p><b>Dancer</b> 15</p>
 <p><b>Sun Pose</b> 3</p>	 <p><b>Right Lateral Flexion</b> 9</p>	 <p><b>Warrior II</b> 16</p>	 <p><b>Reverse Warrior</b> 2</p>	 <p><b>Left Lateral Flexion</b> 14</p>
 <p><b>Warrior I</b> 13</p>	 <p><b>Dragon</b> 5</p>	 <p><b>Sun Pose</b> 17</p>	 <p><b>Triangle</b> 10</p>	 <p><b>Mountain</b> 4</p>