

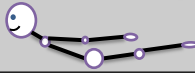
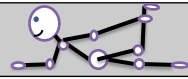
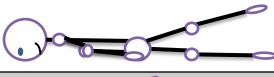
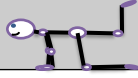




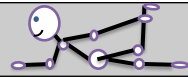
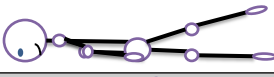
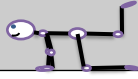


## Two by Two Yoga Back Bends

You and		Complete Camel	
You and		Complete Upward Dog	
You and		Complete Shark	
You and		Jog and Touch 3 walls	
You and		Complete ½ Bow	
You and		Complete ½ Logust	
You and		Complete SunBird	
You and		Jog around the outside of the cones	

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