



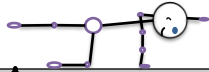





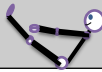
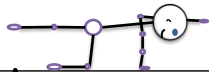




## Two by Two Yoga Balance

|         |  |   |
|---------|--|---|
| You and |  | Complete Balance Pigeon               |
| You and |  | Complete Chair                         |
| You and |  | Complete Airplane with Rudder         |
| You and |  | Jog and Touch 3 walls   |
| You and |  | Complete Boat                         |
| You and |  | Complete Spinal Balance               |
| You and |  | Complete Tree                          |
| You and |  | Jog around the outside of the cones  |

## Two by Two Yoga Balance

|         |  |   |
|---------|--|---|
| You and |  | Complete Balance Pigeon (30 seconds)        |
| You and |  | Complete Chair (30 seconds)                  |
| You and |  | Complete Airplane with Rudder (30 seconds)  |
| You and |  | Jog and Touch 3 walls   |
| You and |  | Complete Boat (30 seconds)                  |
| You and |  | Complete Spinal Balance (30 seconds)        |
| You and |  | Complete Tree (30 seconds)                   |
| You and |  | Jog around the outside of the cones        |