
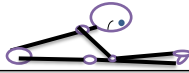


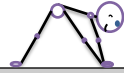










Two by Two Yoga Forward Fold

You and		Complete Airplane 
You and		Complete River 
You and		Complete Downward facing dog 
You and		Jog and Touch 3 walls
You and		Complete Standing Straddle Splits 
You and		Complete Pyramid 
You and		Complete Gorilla 
You and		Jog around the outside of the cones 

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