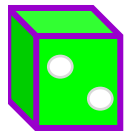
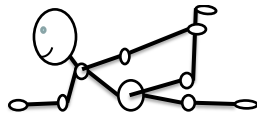
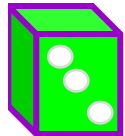
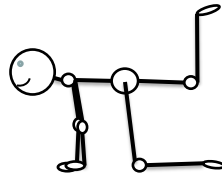


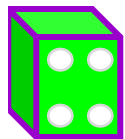
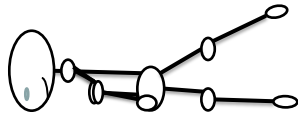
$\frac{1}{2}$ BOW
10 seconds



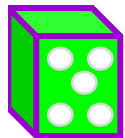
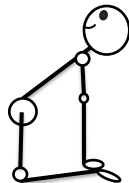
SUN BIRD



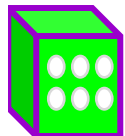
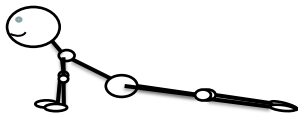
$\frac{1}{2}$ LOCUST



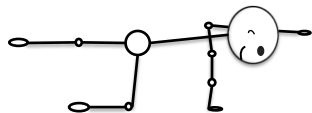
CAMEL



UP DOG



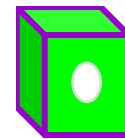
SPINAL
BALANCE



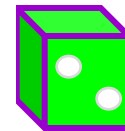
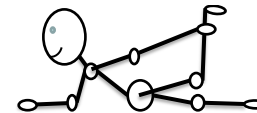
ROLLER



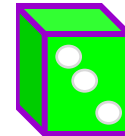
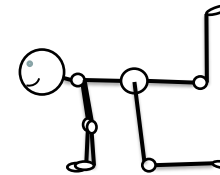
BARRE



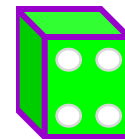
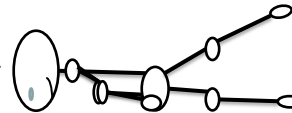
$\frac{1}{2}$ BOW
10 seconds



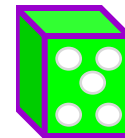
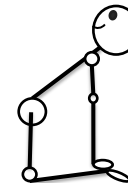
SUN BIRD



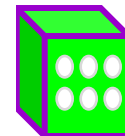
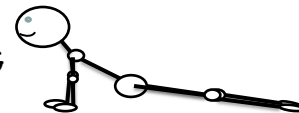
$\frac{1}{2}$ LOCUST



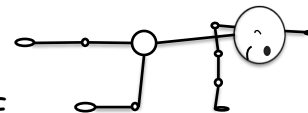
CAMEL



UP DOG



SPINAL
BALANCE



ROLLER



BARRE