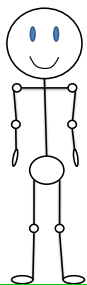


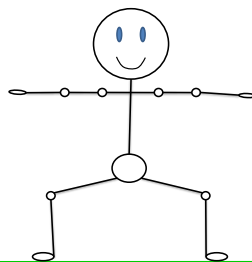
1

# MOUNTAIN



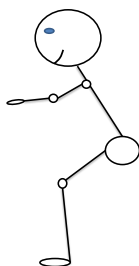
2

# SUN POSE



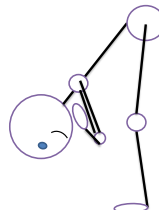
3

# CHAIR



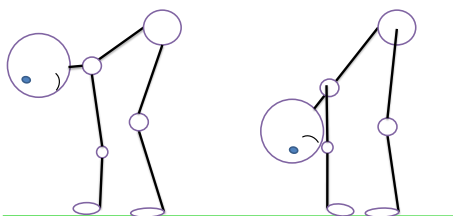
4

# STANDING FORWARD FOLD



5

# MONKEY & WRIST STRETCH



6

# DOWNWARD DOG

