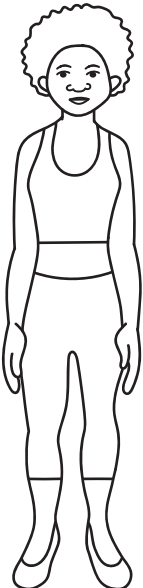
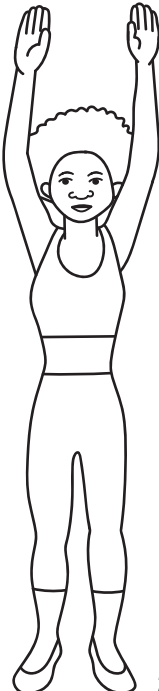


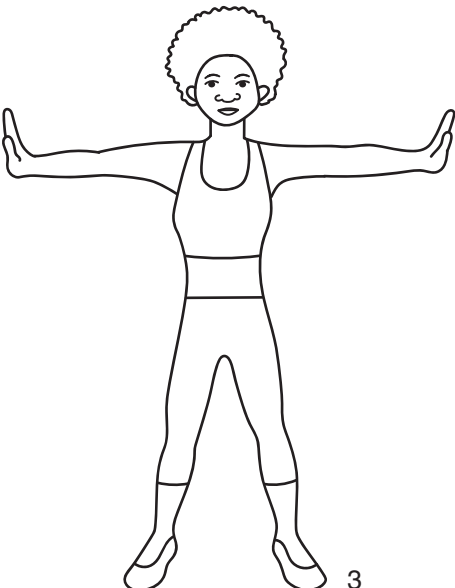
Standing Yoga



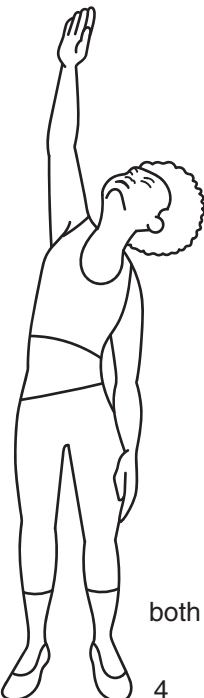
1



2

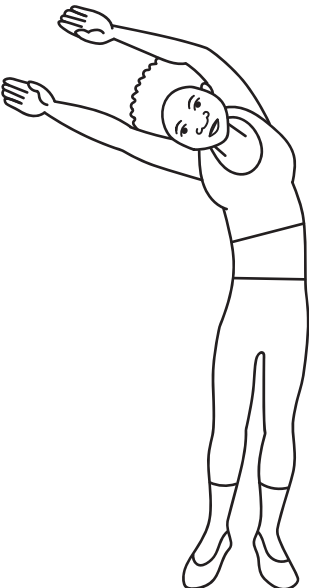


3



both sides

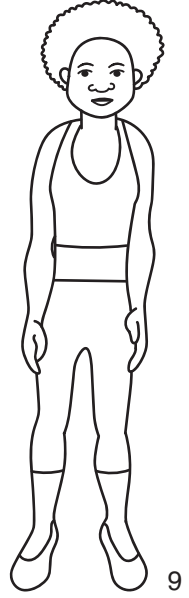
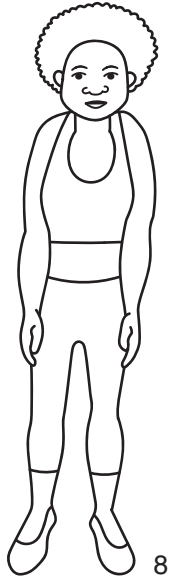
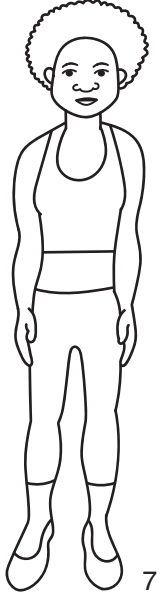
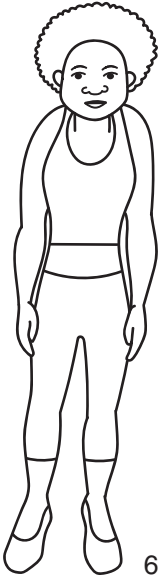
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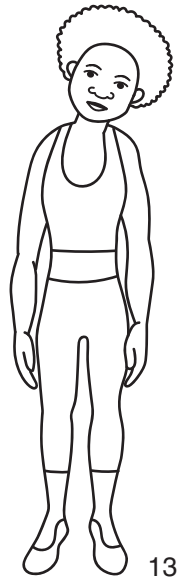
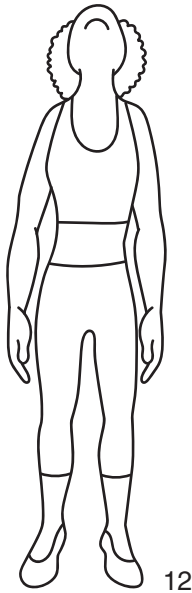
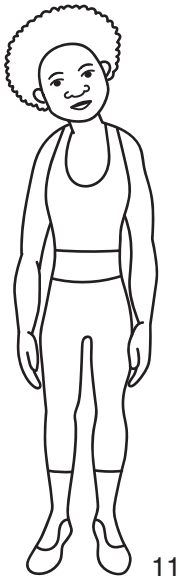
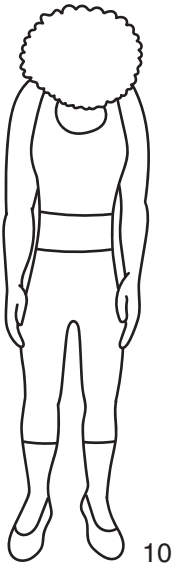
both sides

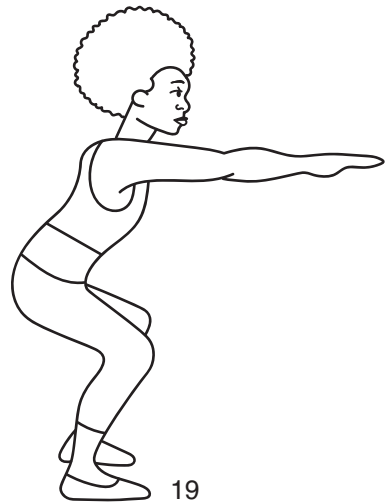
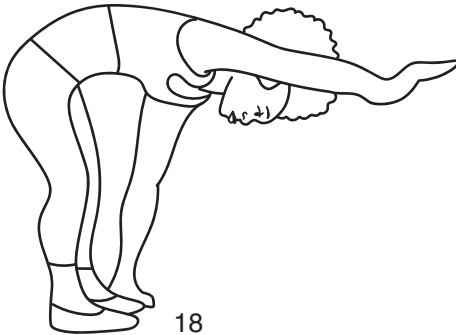
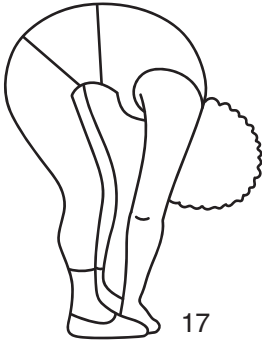
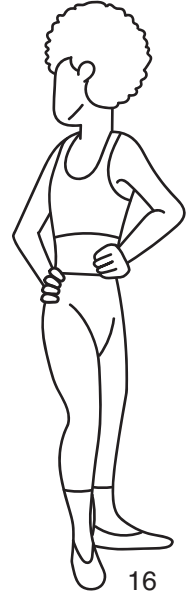
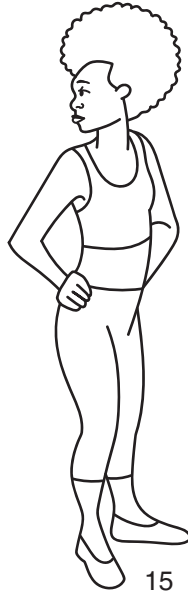
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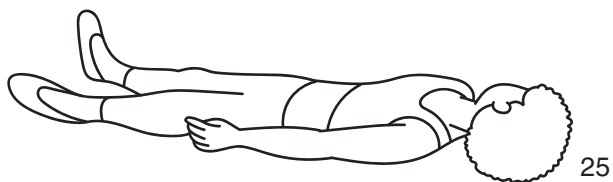
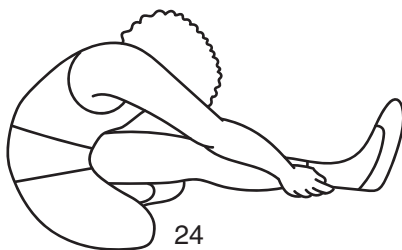
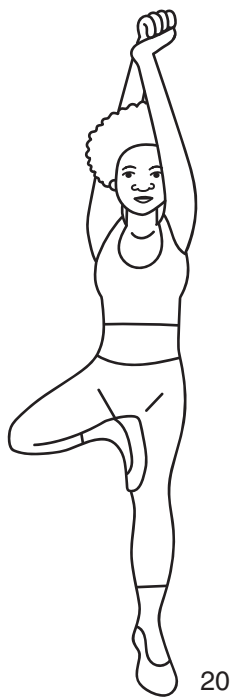
shoulder rolls



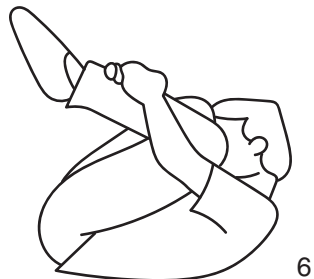
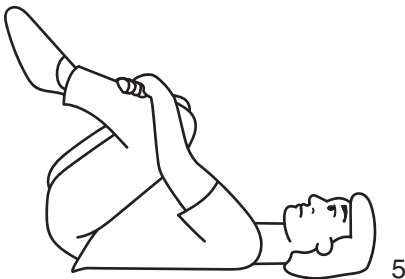
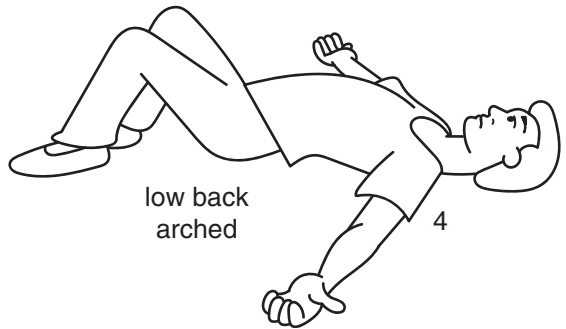
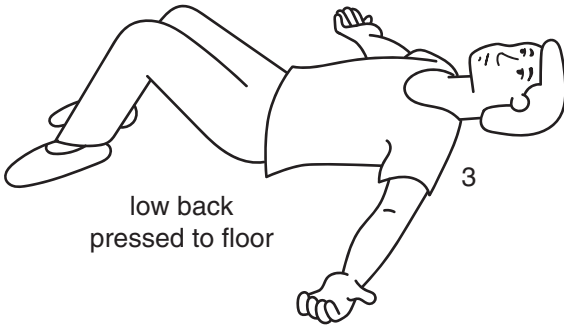
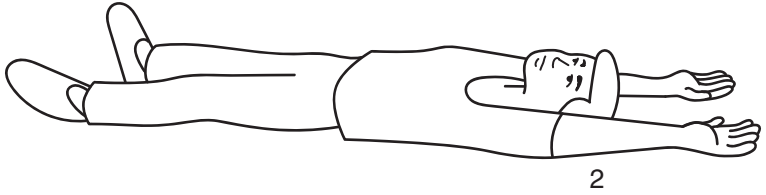
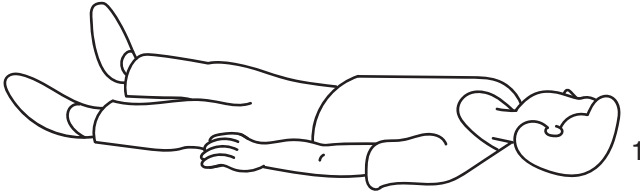
neck rolls





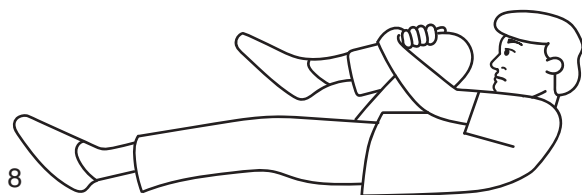


Lying Down Yoga

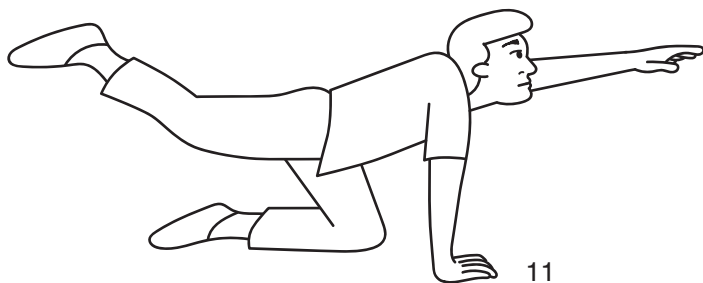
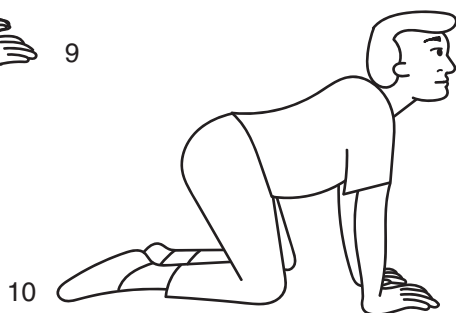
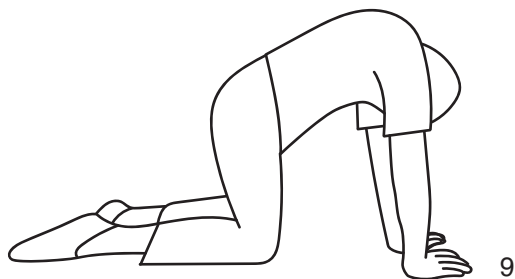




both sides



both sides



both sides

