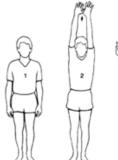
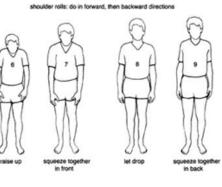


Standing Yoga Sequence

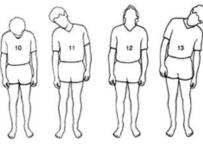




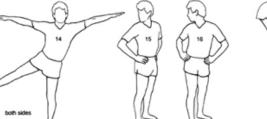




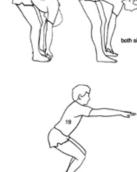




eck rolls: do in one direction, then the other







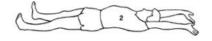


Cont and the second second



Lying Down Yoga Sequence





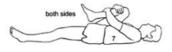


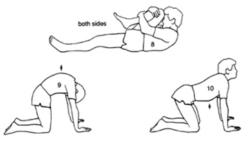


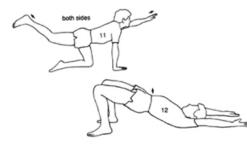


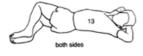
both sides

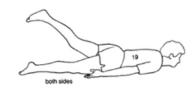


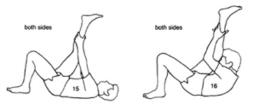












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