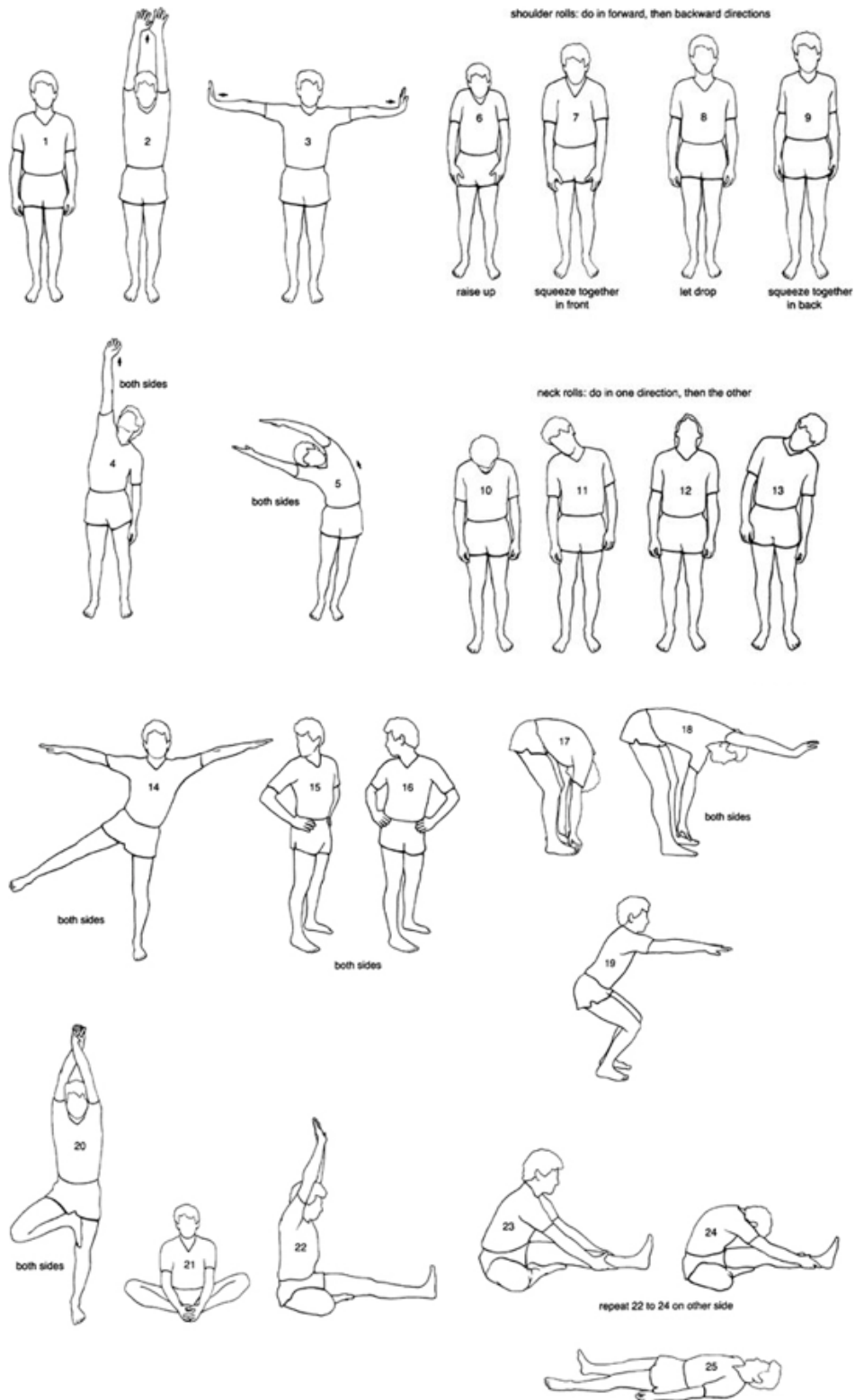




## Standing Yoga Sequence





## Lying Down Yoga Sequence

