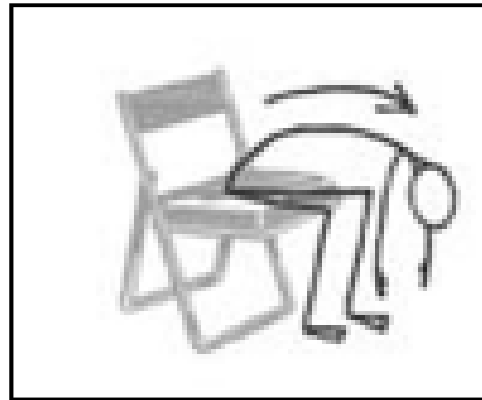




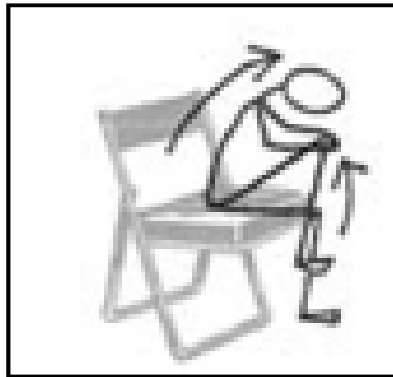
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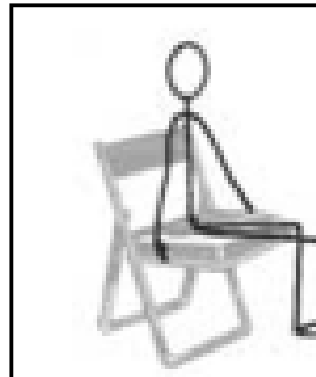
Forward Bend



Sp



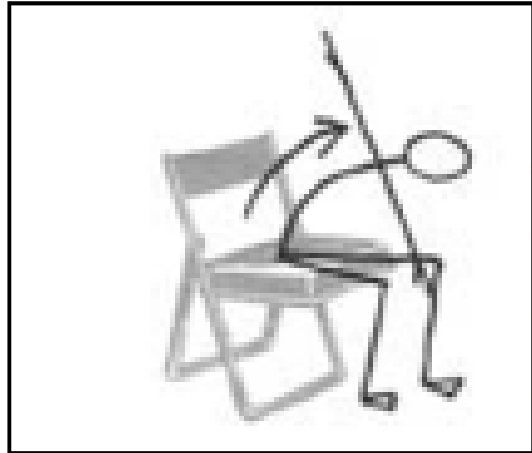
Knee Squeeze



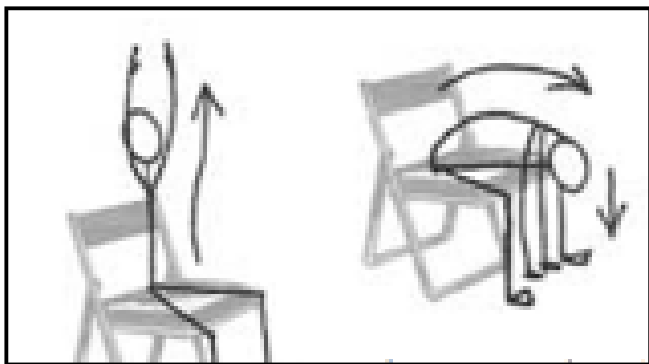
Leg Lifts



Spinal Twist



Side Stretch



Sun Pose Up & Fold