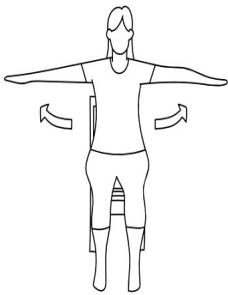


CHAIR YOGA EXERCISE

HELICOPTER



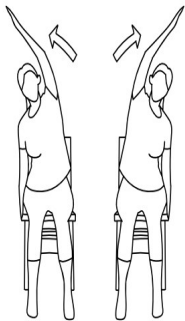
HALF-FORWARD FOLD



MOUNTAIN



SIDE BEND



KNEE HUG



COW/CAT

