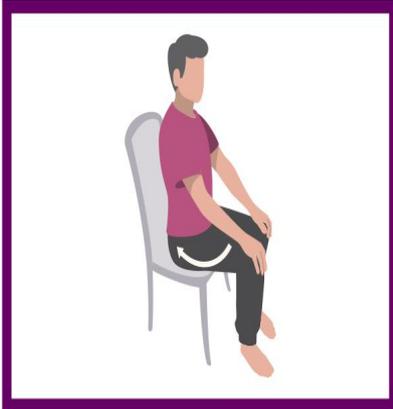


SENIORS CHAIR YOGA

SEATED MOUNTAIN (TADASANA)



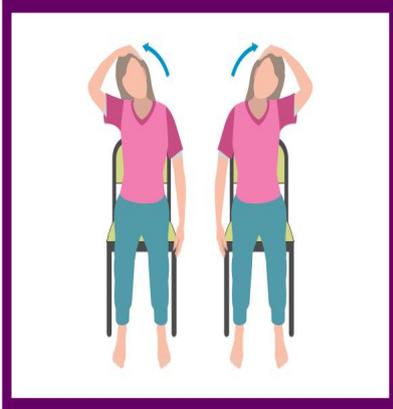
OVERHEAD STRETCH



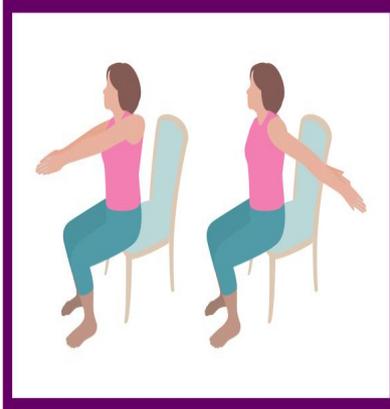
SEATED FORWARD BEND



NECK STRETCH



REVERSE ARM HOLD



SIMPLE SEATED TWIST

