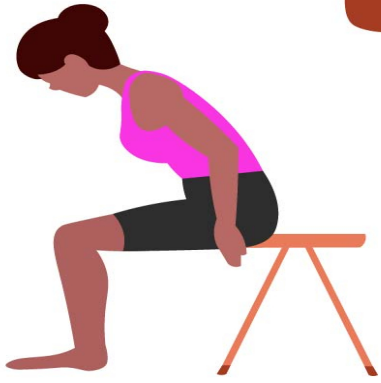


4 Chair YOGA



Seated Pigeon



Cat-Cow



Seated Twist



Prayer Twist