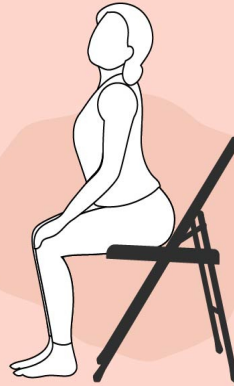




Seated Pigeon



Seated Cat



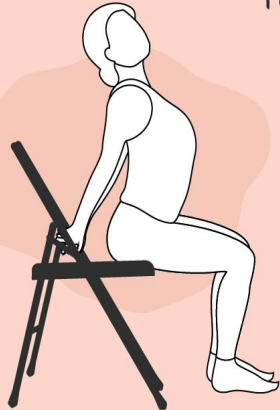
Seated Cow

Chair Yoga Poses

For Elderly



Seated Forward Bend



Seated Stretch



Seated Extended Side Angle