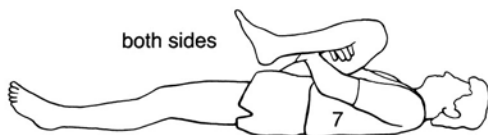
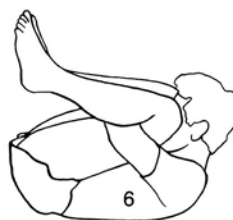
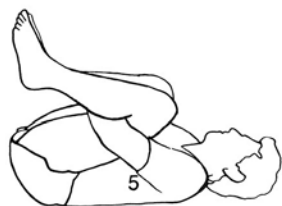
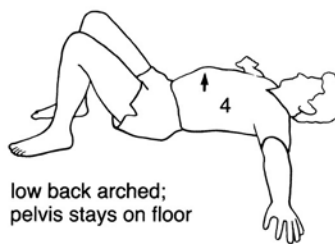
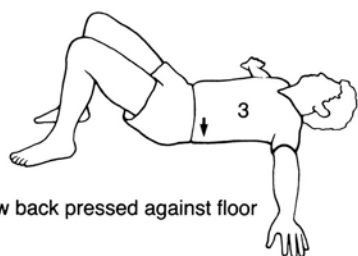
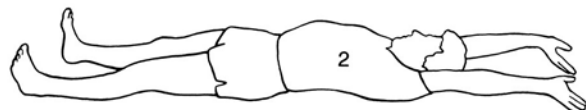
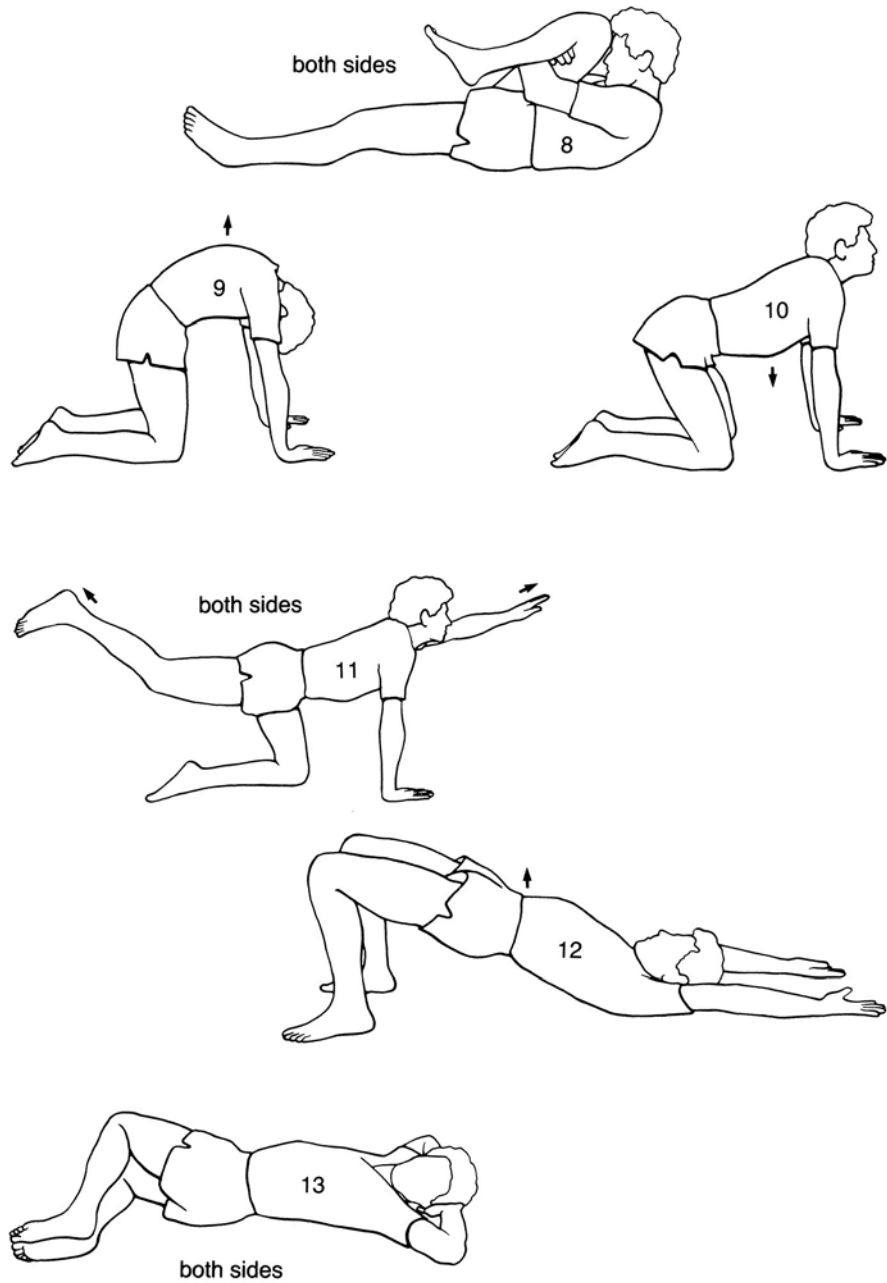
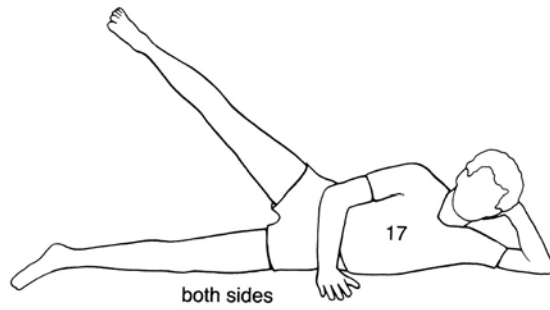
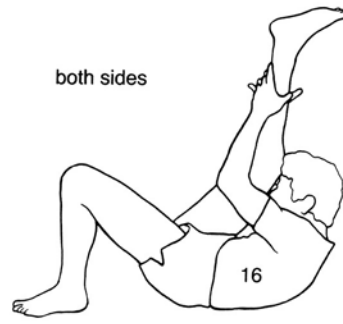
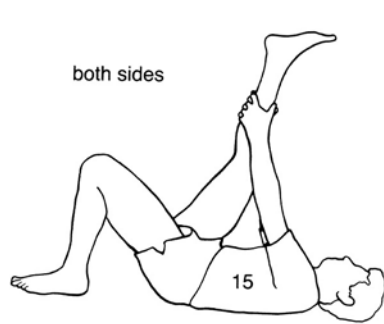
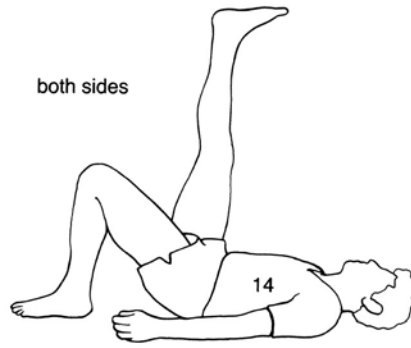
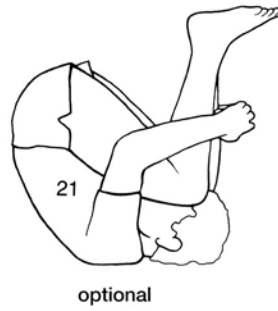
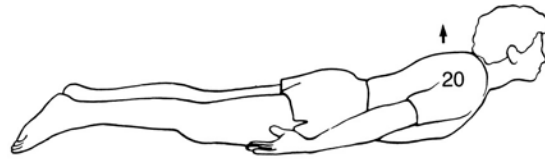
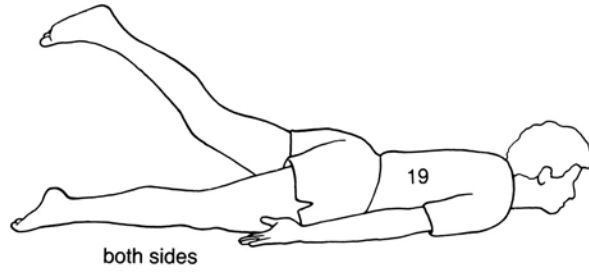


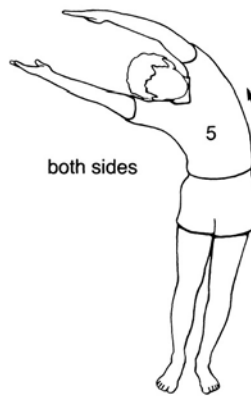
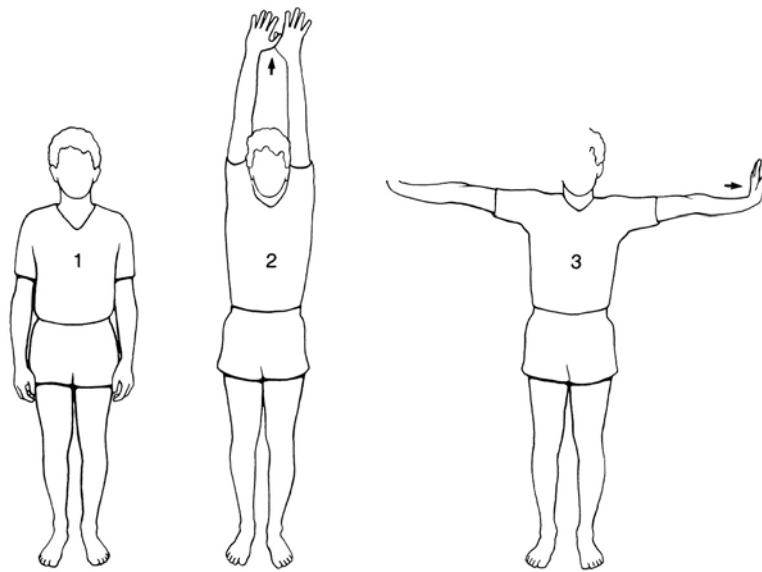
SEQUENCE OF YOGA POSTURES



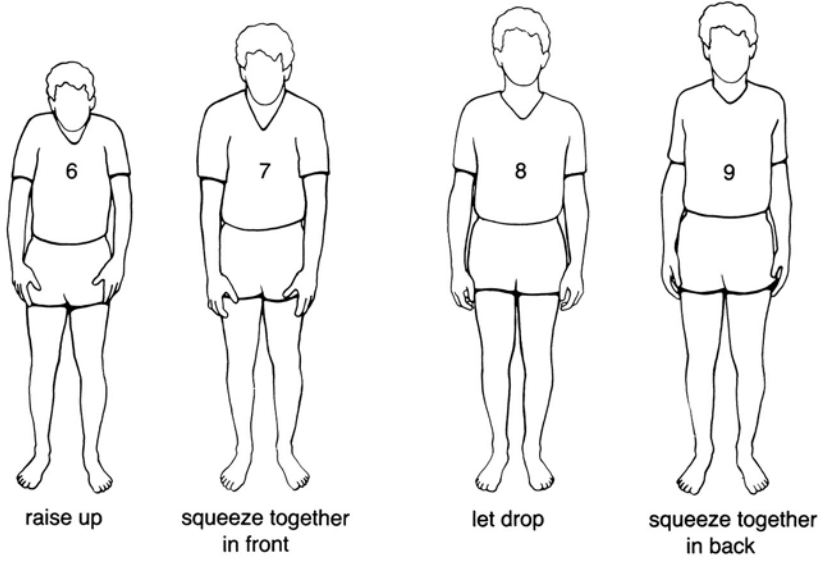




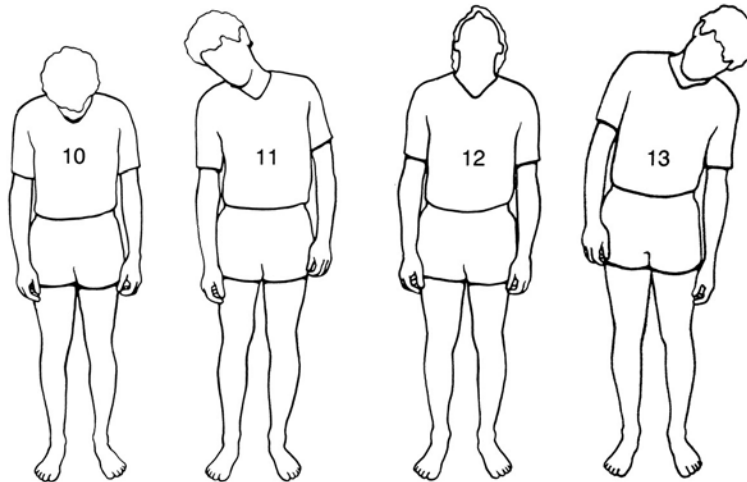


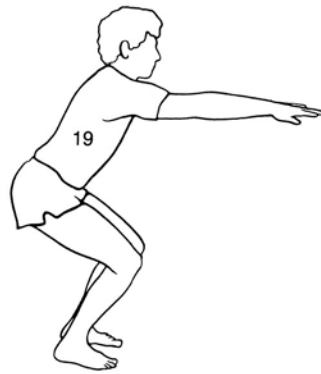
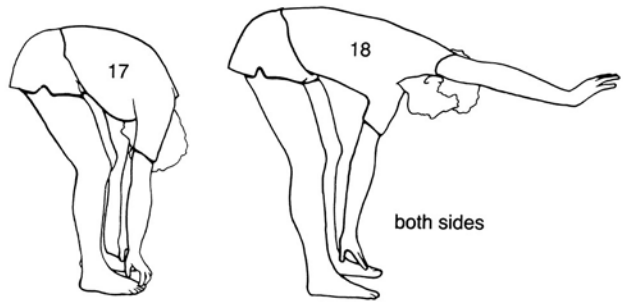
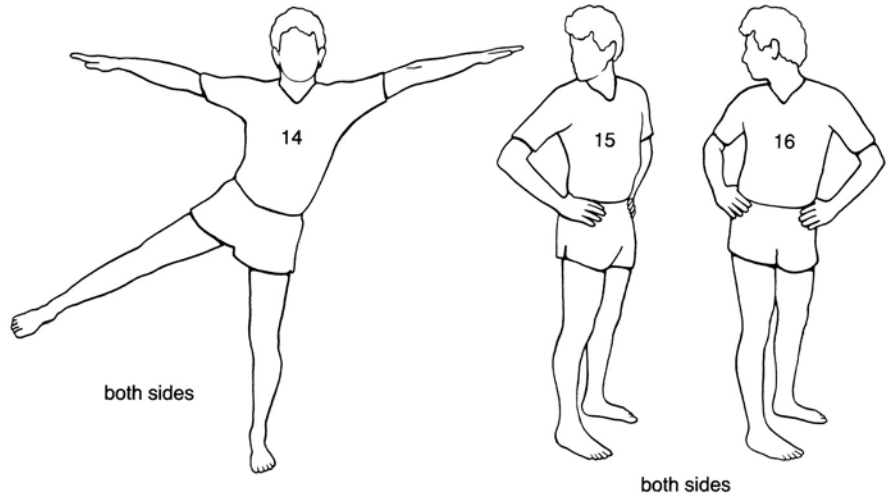


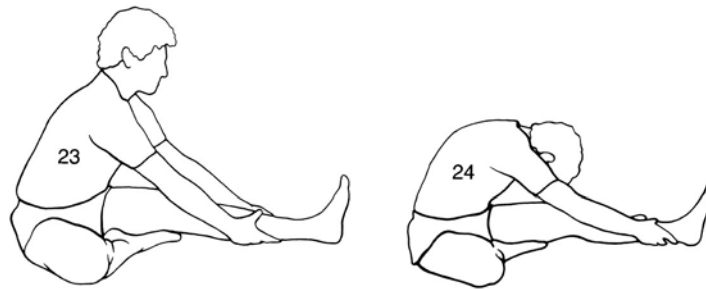
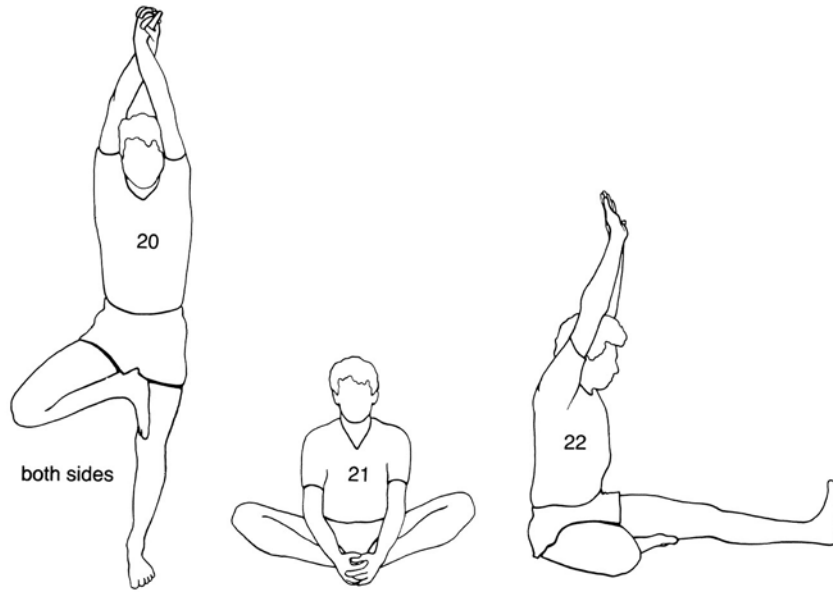
shoulder rolls: do in forward, then backward directions



neck rolls: do in one direction, then the other







repeat 22 to 24 on other side

