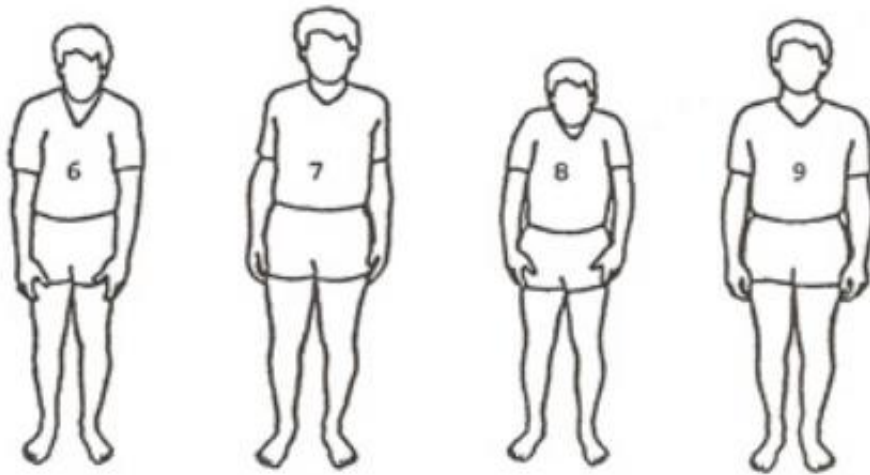
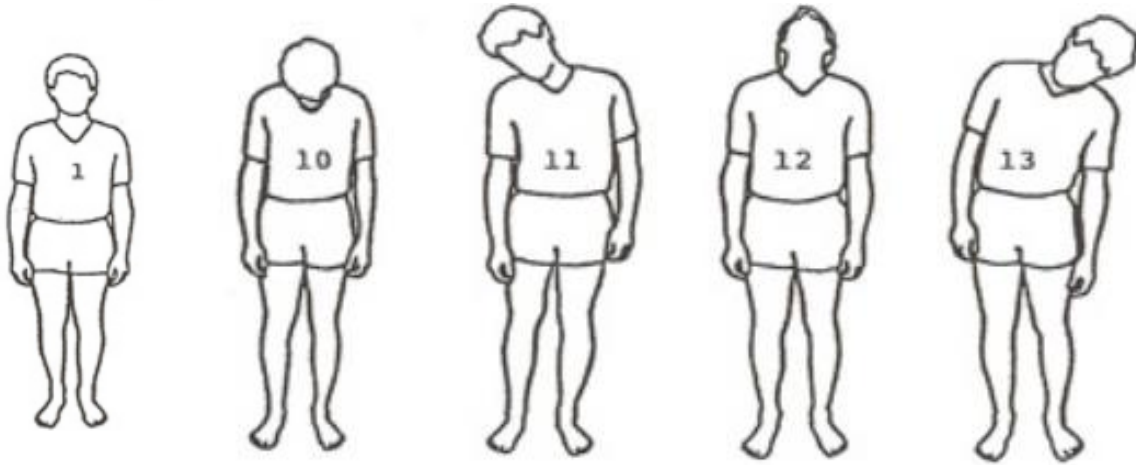
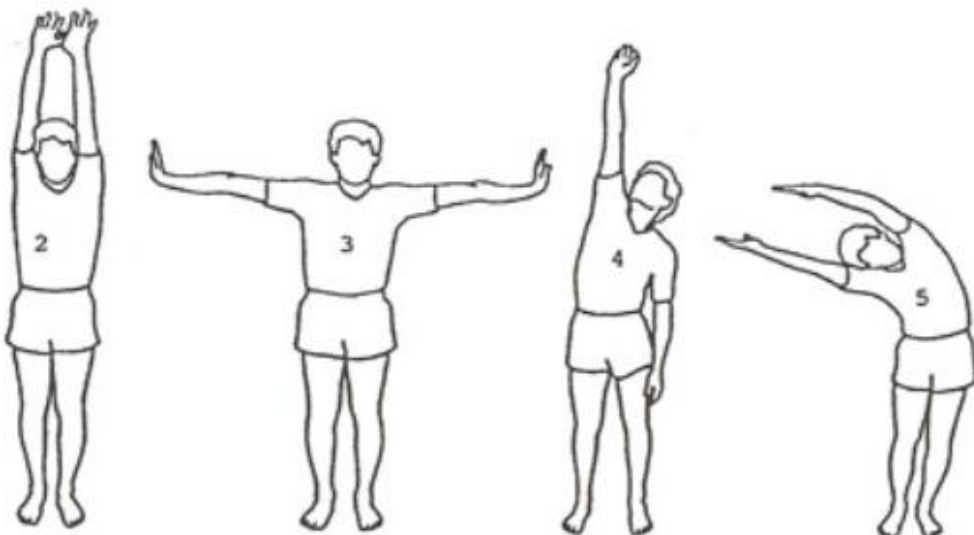


Standing Yoga (Yoga 2) Postures



SHOULDER ROLLS



BOTH SIDES

BOTH SIDES

