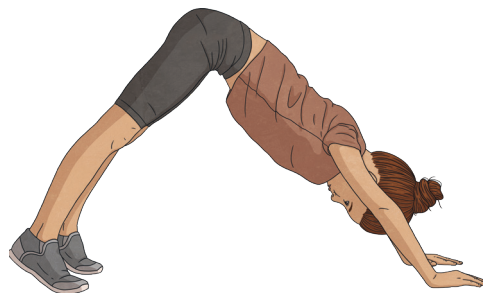


Mindful Yoga Sequence



Child's Pose

1



Downward Dog

2



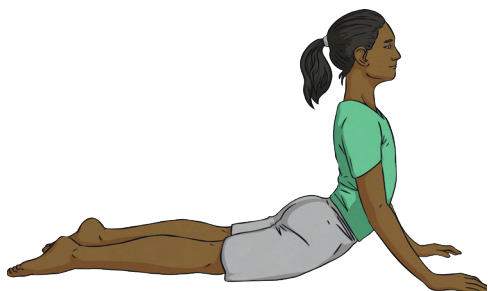
Mountain Pose

3



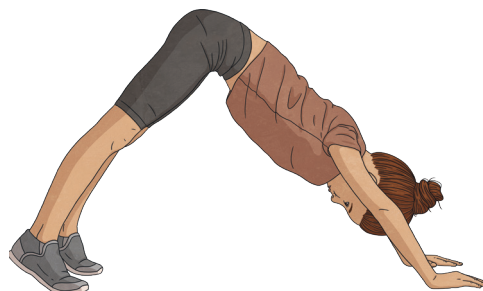
Forward Fold

4



Cobra

5



Downward Dog

6

Mindful Yoga Sequence



Forward Fold

7



Mountain Pose

8