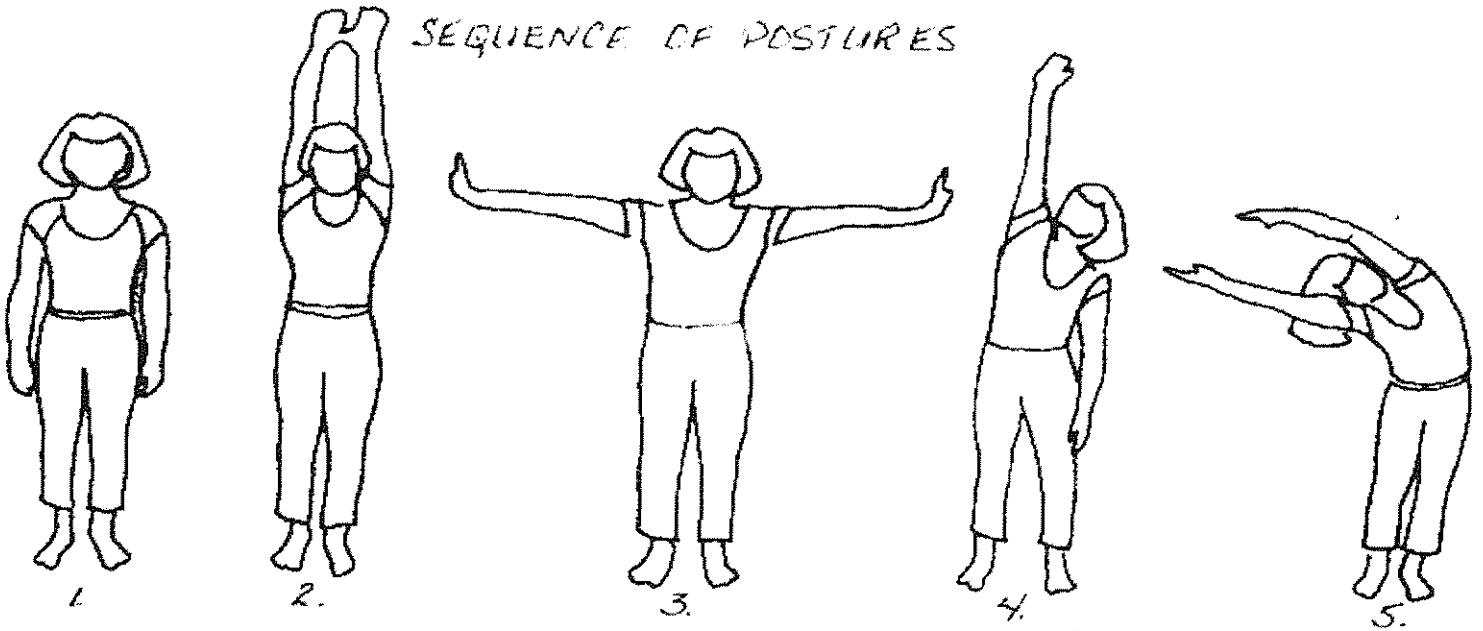
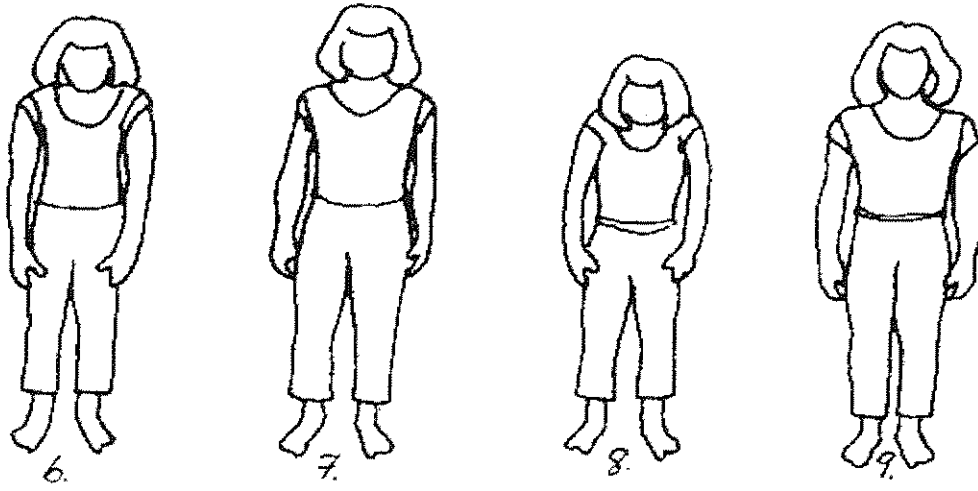


MINDFUL YOGA POSES (3 of 4)

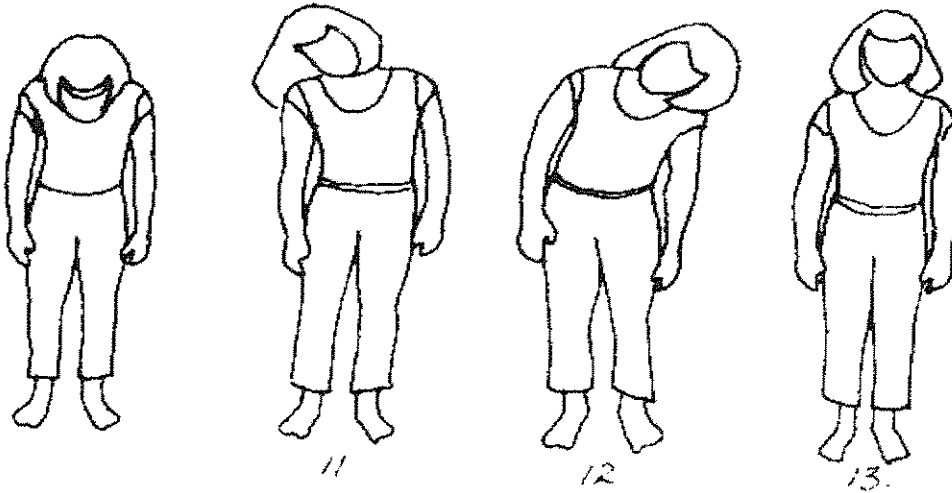
SEQUENCE OF POSTURES



BOTH SIDES (4&5)



SHOULDER ROLLS



NECK ROLLS

# MINDFUL YOGA POSES (4 of 4)

## SEQUENCE OF POSTURES

