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Yoga Calming Sequence Visuals



warrior

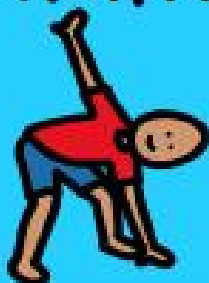


count

to

5

windmill



count

to

5

frog

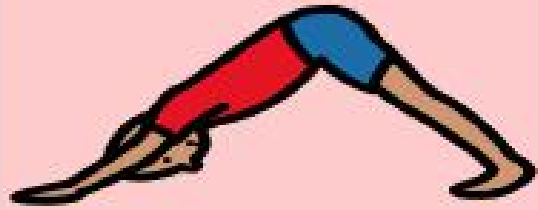


count

to

5

down dog



5

count

to

5

twist



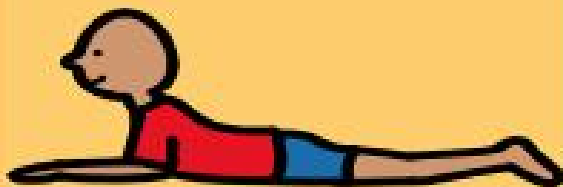
5

count

to

5

cobra



5

count

to

5

arms back



5

count

to

5

arms up



5

count

to

5

touch toes



5

count

to

5