






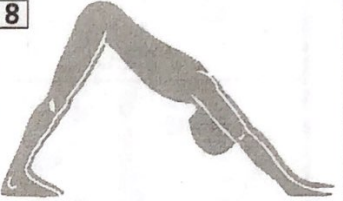






## "FUN" SALUTATION

1  Mountain	2  Pencil	3  Paper Clip	4  L-Lunge
5  Chaturanga	6  Prone	7  Cobra	8  Downward Dog
9  R-Lunge	10  Paper Clip	11  Wood Chopper	12  Mountain

For additional poses, refer to back of Yoga Content Card 

## Cool Down

 Namaste	 Corpse	 Baby	 Pretzel Twists
 Visualization	 Easy (Breathing)	 Hero (Breathing)	 Lotus
	 Candle	 Plough	