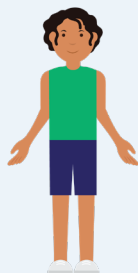
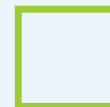


Mindful Movement: Set I



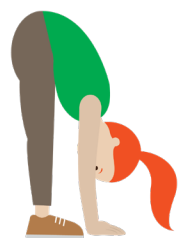
Mountain pose



3 breaths



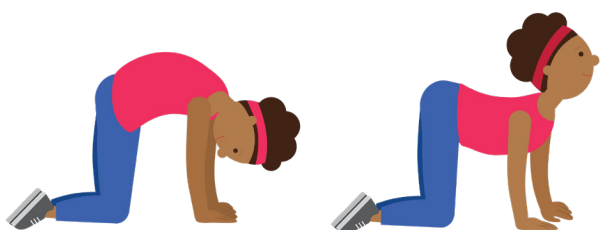
Star pose



Forward fold



Table top pose



2 Cat/Cow





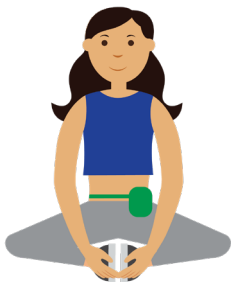
Child's pose



Cobra pose



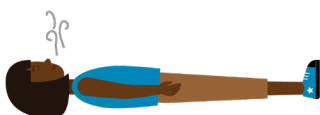
Lion pose



Butterfly pose



Sleeping pose

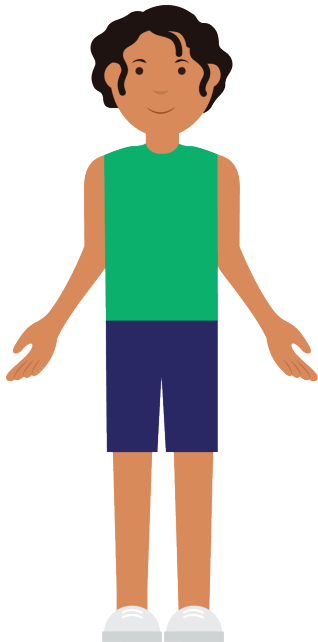


3 breaths

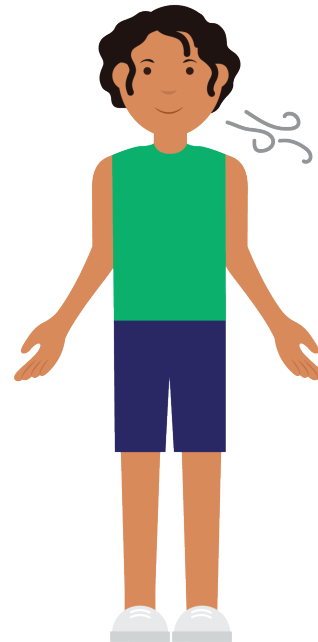




Mountain pose



3 breaths



Star pose



Forward fold

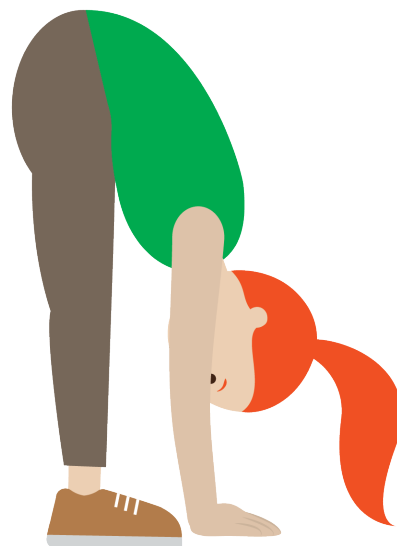




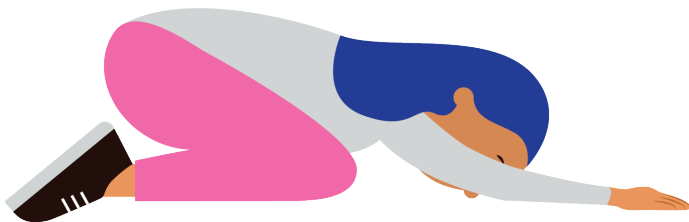
Table top pose



2 Cat/Cow



Child's pose



Cobra pose

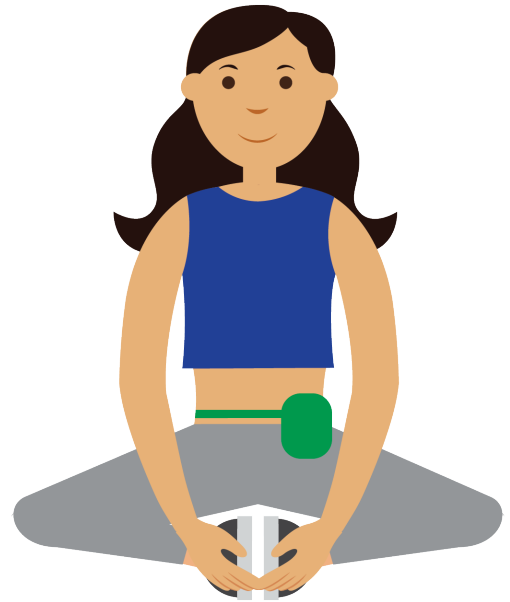




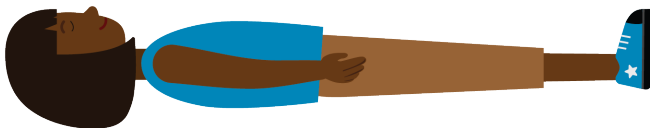
Lion pose



Butterfly pose



Sleeping pose



3 breaths

