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# Yoga Calming Sequence Visuals



warrior



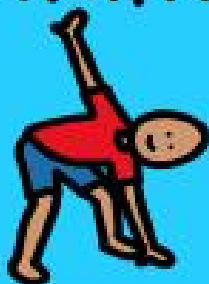
5

count

to

5

windmill



5

count

to

5

frog



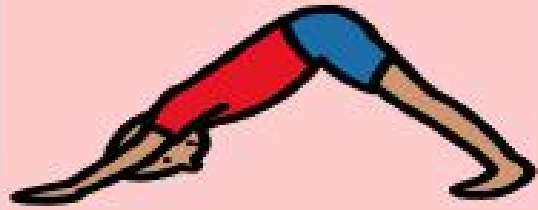
5

count

to

5

down dog



count

to

5

twist

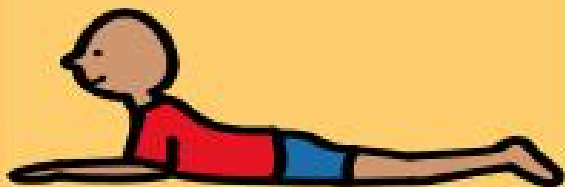


count

to

5

cobra



count

to

5

arms back



5

count

to

5

arms up



5

count

to

5

touch toes



5

count

to

5