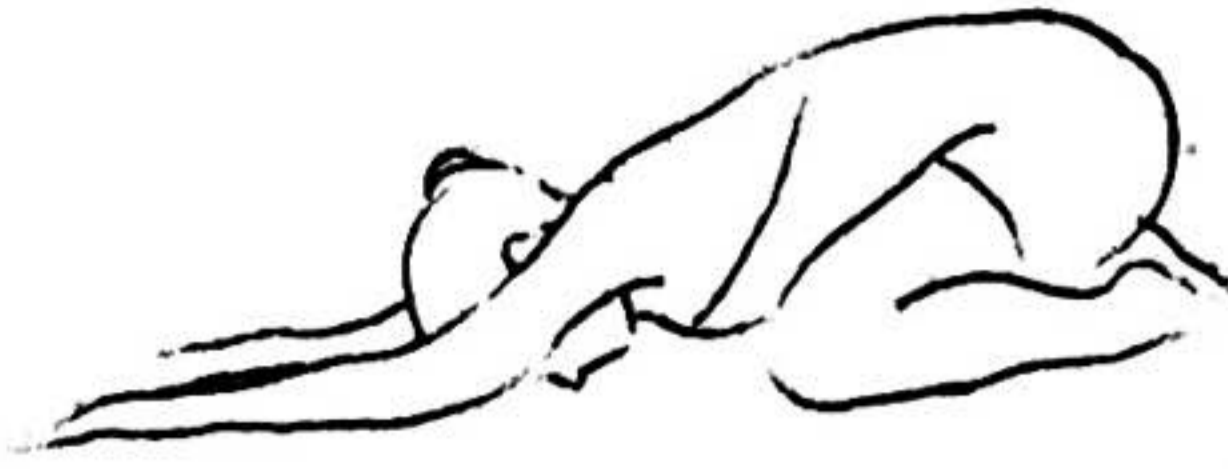


- Downward Facing Dog



- Child's Pose



- Reclining Hero Pose



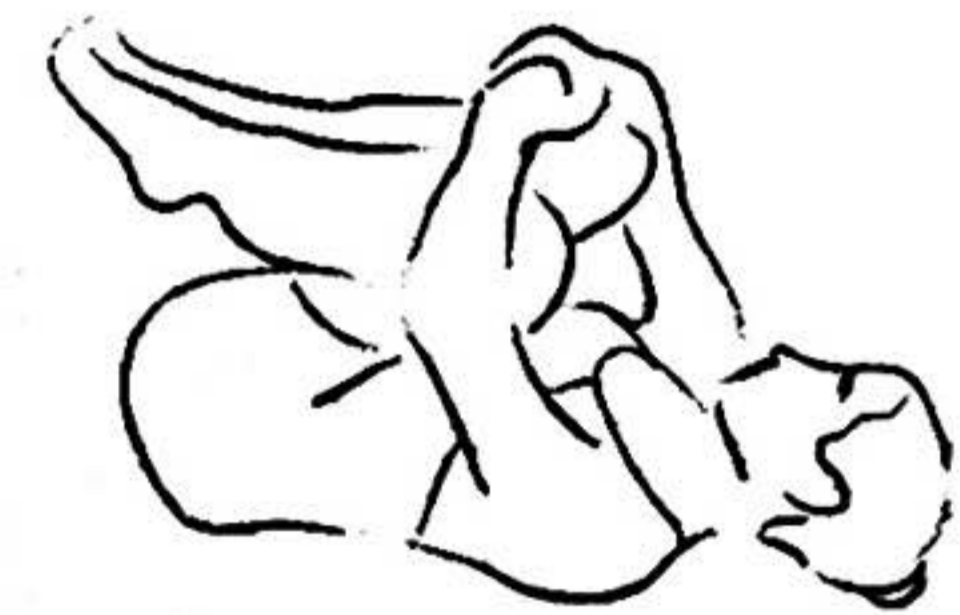
- Seated Pigeon—right side then left



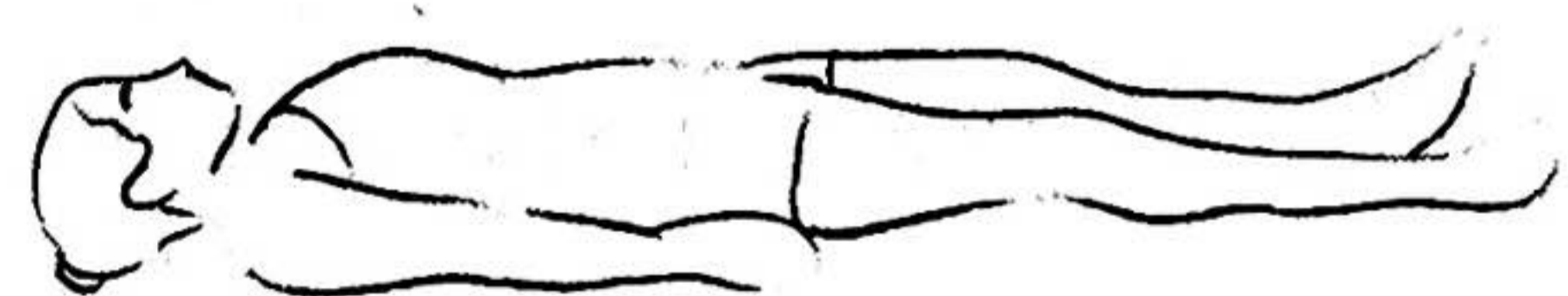
- Gentle Spinal Twist 1—right side then left



- Seated Forward Fold



- Knees to Chest



- Corpse Pose for a 5–10 minute meditation