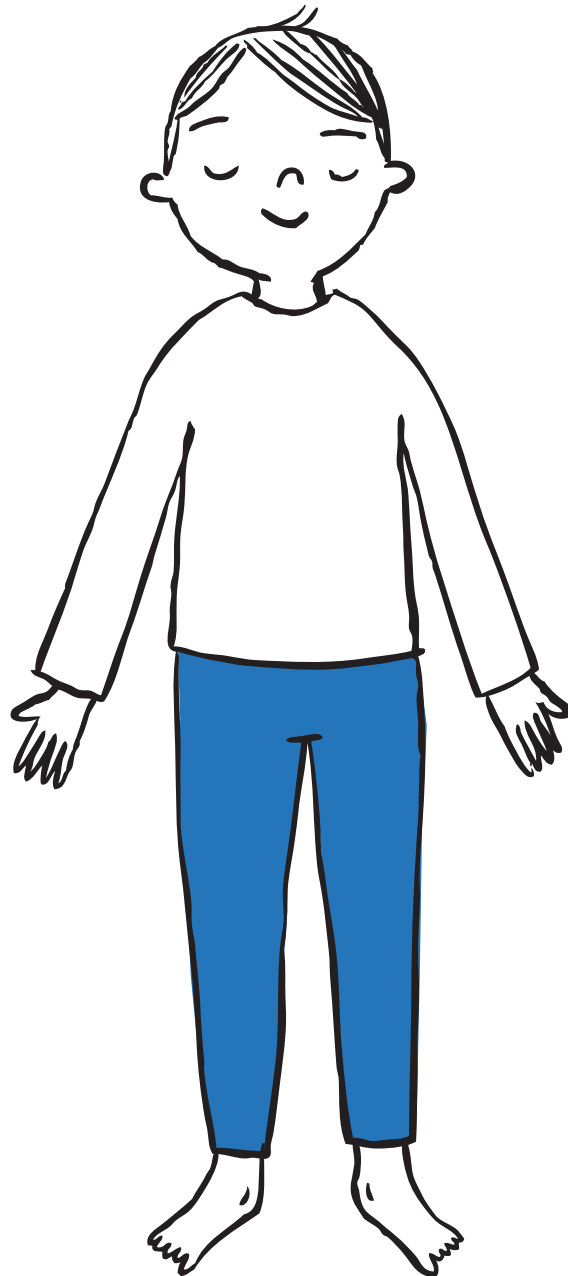


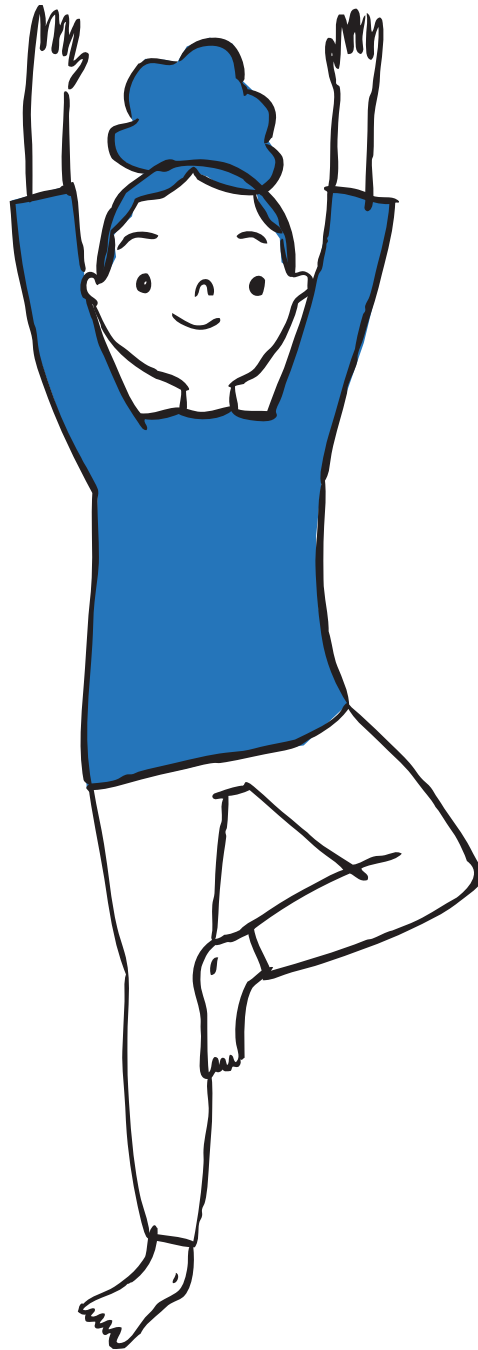
RECHARGE

MOUNTAIN POSE



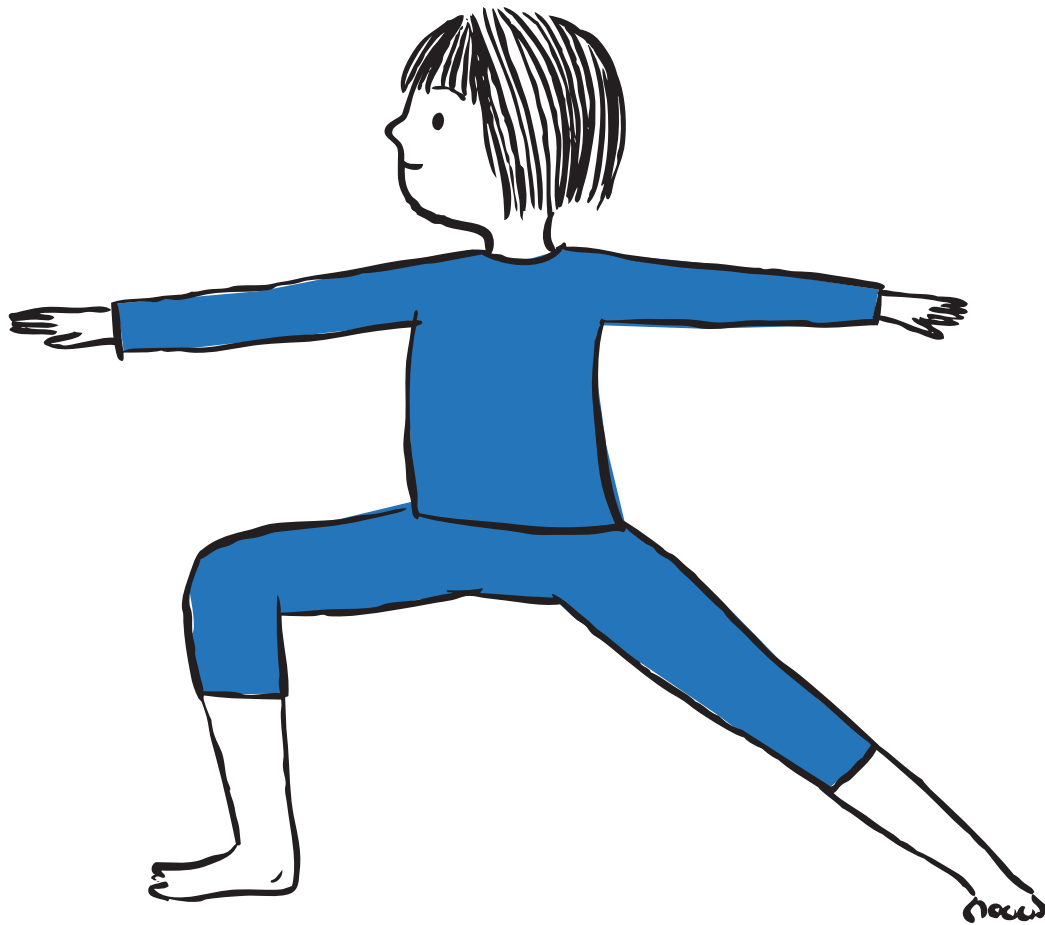
(5 deep breaths)

TREE



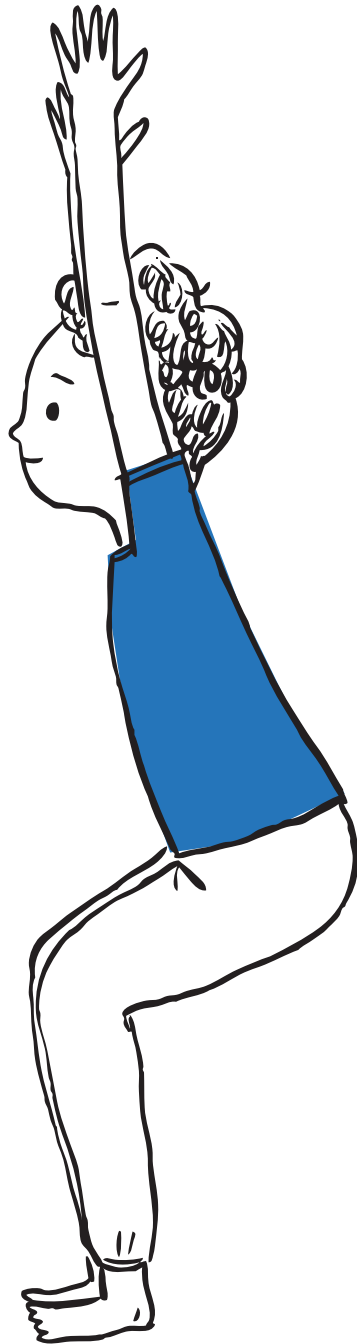
(Hold each side for 10 seconds)

WARRIOR POSE



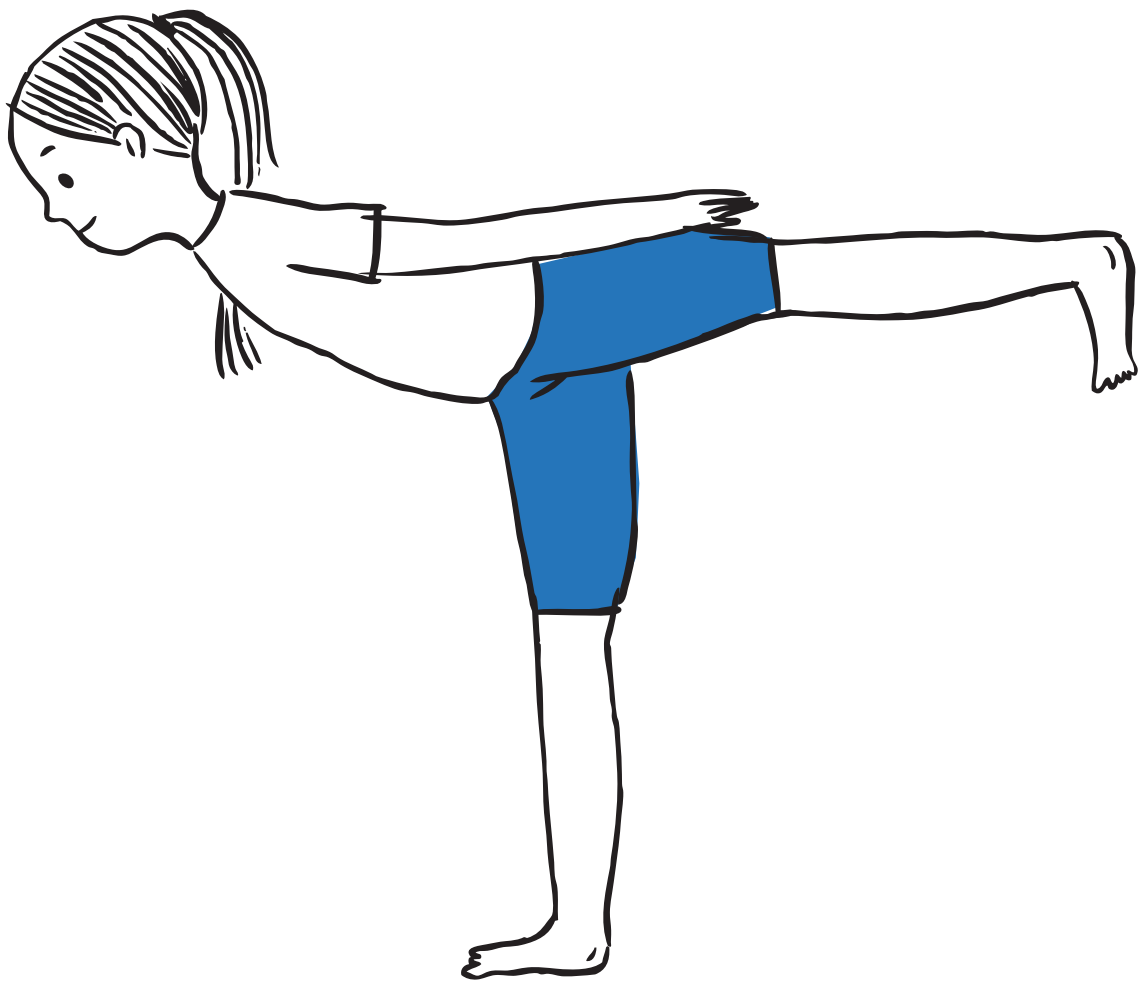
(Hold each side for 15 seconds)

CHAIR



(Hold for 30 seconds)

AIRPLANE



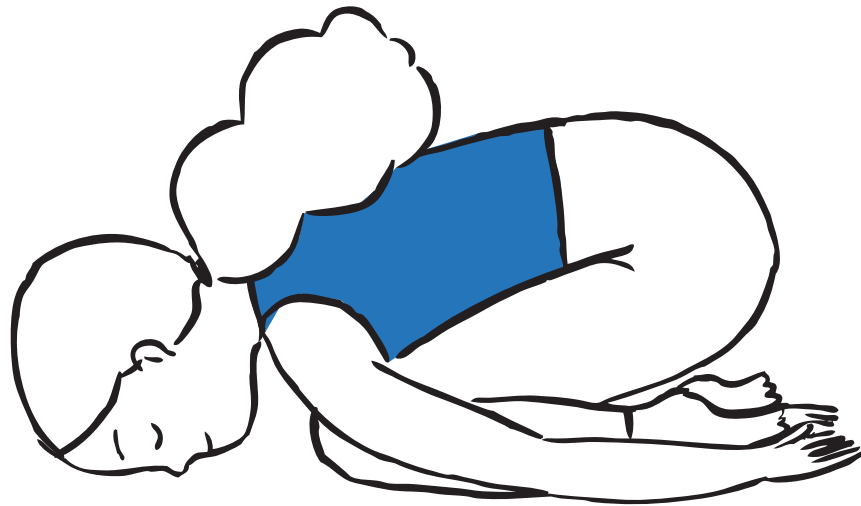
(Hold on each side for 15 seconds)

FROG



(Up and down, 5 times)

CHILD'S POSE



(5 deep breaths)