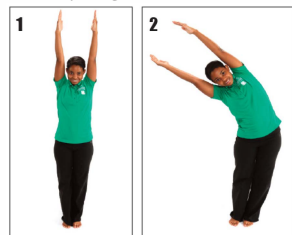


4-H Yoga

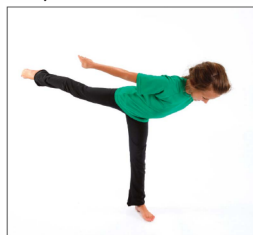
Swaying Tree



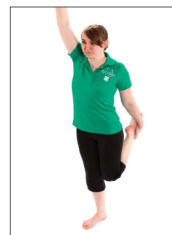
Chair



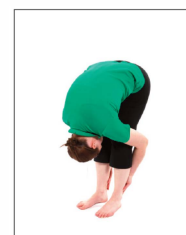
Airplane



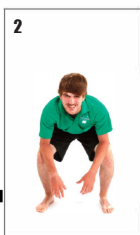
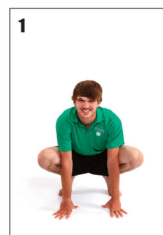
Half Dancer



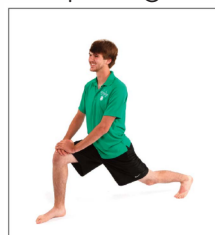
Forward Bend



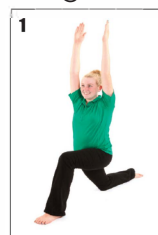
Gorilla



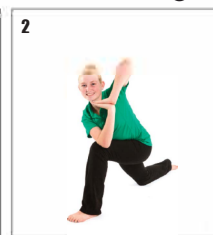
Deep Lunge



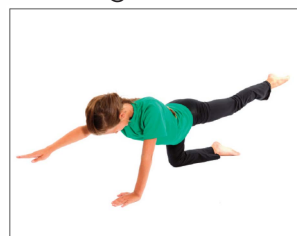
Dragon



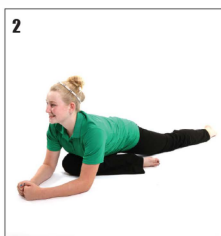
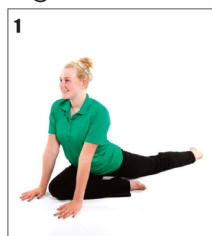
Twisted Dragon



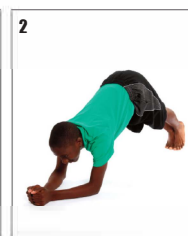
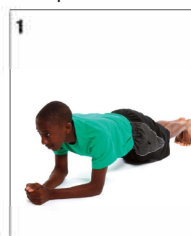
Bird Dog



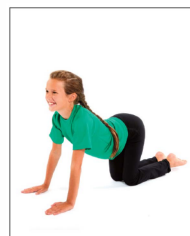
Pigeon



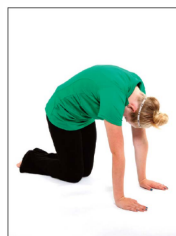
Dolphin



Cow



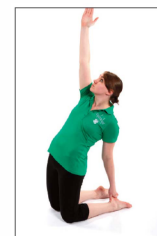
Cat



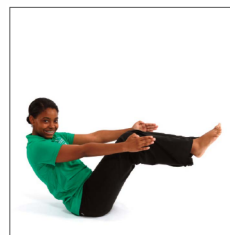
Side Plank



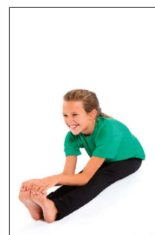
Half Camel



Half Boat



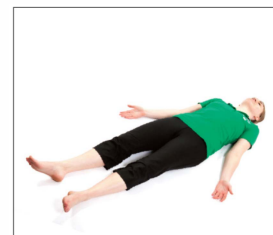
River



Lying Twist

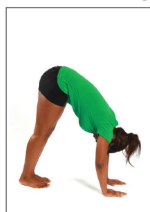


Chill Pose



TRANSITION POSES:

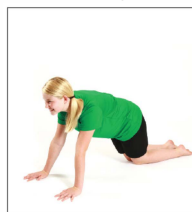
Down Dog



Mountain



Table Top



Knee Stand



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